

Initial (First Serving) Instructions: To assess your individual tolerance to the energy complex, combine 1/2 scoop of WHITE FLOOD™ with 6-12 oz. of water and consume it before your workout. Shake well before drinking.

Directions for Usage: Combine 2 scoops of WHITE FLOOD™ with 16-24 oz. of water, and consume it pre-workout and/or during your workout. For best results, WHITE FLOOD™ should be used in conjunction with other Controlled Labs products, with at least 1-2 gallons of water per day, and a high protein/moderate carbohydrate diet. For more details on optimizing your results, please see www.ControlledLabs.com.

Caution: The FlooDurance Complex™ may cause a slight tingling in some users. This is a natural characteristic. You should not take this product if you have any prior medical condition, including diabetes or high blood pressure. Consult your doctor before using this product.

Warning: Do not use if you have heart problems, are pregnant or nursing, or are contemplating becoming pregnant. Do not exceed recommended intake.

Keep out of the reach of children. Do not purchase if safety seal is broken.



*These statements have not been evaluated by the Food and Drug Administration.
This product is not intended to diagnose, treat, cure or prevent any disease.

To report a serious adverse event or obtain
product information regarding this dietary
supplement, please call (201) 735-7144

Distributed by:
Controlled Labs Englewood, NJ
www.ControlledLabs.com



WHITE FLOOD™

PreWorkout Nitric Oxide and Energy Enhancer

Dietary Supplement



Electric Lemonade

0.67 lb (305 grams)

Supplement Facts

Serving Size: ~ 2 Scoops (12.2 grams) (11oz per scoop)

Servings Per Container: 25

	Amount Per Serving	%DV*
Calories	0	
Calories from Fat	0	
Potassium (as Gluconate)	36 mg	1%
Folate (as Folic Acid)	250 mcg	63%
Selenium (as Selenium Amino Acid Chelate)	100 mcg	143%
eNO Flood Complex™	3,000 mg	†
Arginine AKG (2200 mg), Ornithine AKG (800 mg)		
FlooDurance Complex™	2,400 mg	†
Beta Alanine (1700 mg), L-Tyrosine (700 mg)		
Energy & Antioxidant Flood Complex 3,825 mg		†
Inosine, Gamma-Aminobutyric Acid (GABA), Glucuronolactone, Natural Caffeine, Potassium Gluconate, Cocoa Bean (Extracted for 99% Theobromine), Evodia Rutecarpa (95% Evodiamine Extract), L-Norvaline, Sugar Cane (Extracted for 60% Octacosanol), Coenzyme Q10, Vinpocetine, Alpha-carotene, Zeaxanthin, Cryptoxanthin, Lutein, Folic Acid, Selenium, Huperzia Seratta (Extracted for 99% Huperzine A)		

* Percent Daily Values (DV) are based on a 2,000 calorie diet

† Daily Value not established.

Other Ingredients: Citric Acid, Natural and Artificial Lemonade Flavor, Acesulfame Potassium, Silicon Dioxide and Sucralose