



PRE WORKOUT

MULTINUTRIENT SUPPLEMENT

25mgCAPSICUM
EXTRACT**700mg**AMINO ACID
BLEND**110mg**

CAFFEINE

- Supports energy levels*
- Enhances mental focus*
- Promotes a healthy metabolism*

**STRAWBERRY
LEMONADE**

Natural Flavors

14 STICK PACKS - 0.25 OZ (7g)
NET WT 3.5 OZ (98g)



*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.

**ENERGY
+FOCUS***

Use PRE to fuel your workouts by helping
keep you energized and focused.*

- Supports energy levels*
- Enhances mental focus*
- Promotes a healthy metabolism*

25mgCAPSICUM
EXTRACT**700mg**AMINO ACID
BLEND**110mg**

CAFFEINE

Supplement Facts

Serving Size: 1 stick pack (0.25 oz/7g) [makes 8 fl oz prepared]
Servings Per Container: 14

	Amount Per Serving	%DV
Calories	20	
Total Carbohydrate	5g	2%†
Total Sugars	3g	
Includes 3g Added Sugars		6%†
Vitamin C (as ascorbic acid)	100mg	111%
Vitamin B6 (as pyridoxine HCl)	2mg	118%
Folate	667mcg DFE (400mcg folic acid)	167%
Vitamin B12 (as cyanocobalamin)	30mcg	1250%
Chromium (as chromium citrate)	500mcg	1429%
Amino Blend (L-Tyrosine, L-Aspartic Acid, L-Citrulline, Glycine Propionyl-L-Carnitine HCl)	700mg	**
Green Tea Extract (leaf - Camellia sinensis)	100mg	**
Caffeine	110mg	**
Coenzyme Q10	30mg	**
Cayenne Extract‡ (fruit - Capsicum annuum L.)	25mg	**

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

**Daily Value not established.

OTHER INGREDIENTS: Sugar, Natural Flavors, Citric Acid, Gum Acacia, Silicon Dioxide, Beet Root Powder (for color), Rebadioside A (Stevia Extract).

‡Capsicum Extract - (from Capsimax®) is a registered trademark of OmniActive Health Technologies Ltd. **Capsimax®**
CAPSICUM EXTRACT

Formulated/manufactured exclusively for
Advocare® International, LLC
Richardson, TX 75082 • 800-542-4800
For more information visit advocare.com

Directions For Use: Blend, shake, or briskly stir contents of one stick pack into 8 fluid ounces of water. Consume 30–45 minutes prior to exercise.

CAUTION: CHECK WITH YOUR HEALTHCARE PROFESSIONAL BEFORE USING THIS PRODUCT. NOT FOR USE BY CHILDREN OR PERSONS WHO ARE SENSITIVE TO CAFFEINE.

KEEP OUT OF REACH OF CHILDREN.

Store away from excessive heat, light and humidity.



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