

BODY FORTRESS® NOS CONCENTRATE

Body Fortress® NOS Concentrate has taken key components of our original formula and concentrated them into one powerful pre-workout blend. Body Fortress® NOS Concentrate helps to sustain mental focus during the most challenging sessions at the gym.* Each serving combines caffeine, creatine and amino acids to provide the nutrients necessary for a multi-phase workout without the need for stacking. Our formula works with the neural system and normal metabolic processes to provide energy magnification for both the mind and the body.* Taken before workouts, Body Fortress® NOS Concentrate helps maximize any serious athlete's training.*

Use in conjunction with an intense daily exercise program and a balanced diet including an adequate caloric intake.

FREE OF: yeast, wheat, milk or milk derivatives, lactose, sugar, preservatives, artificial flavor.

WARNING: Not intended for use by pregnant or nursing women. If you are taking any medications or have any medical condition, consult your doctor before use. Avoid this product if you have kidney disease or are allergic to aspirin. Discontinue use and consult your doctor if any adverse reactions occur. This product contains caffeine. Avoid additional consumption of caffeine, which may intensify adverse effects. Not intended for use by persons under the age of 18.

NOTICE: Beta-alanine may cause a temporary tingling sensation, which is a normal reaction.

Contents are sold by weight. Some settling may occur.

Licensed under one or more of U.S. Pat. Nos. 5,965,596, 6,426,361 and 7,504,376, each of which is owned by Natural Alternatives International, Inc. (NAI). NAI is also the owner of the registered trademark CarnoSyn®.

KEEP OUT OF THE REACH OF CHILDREN. STORE AT ROOM TEMPERATURE, TIGHTLY CLOSED AND AVOID EXCESSIVE HEAT. FOR YOUR PROTECTION, DO NOT USE IF SEAL UNDER CAP IS BROKEN OR MISSING.

*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.

CarnoSyn®
Carnosine Synthesizer

BODY FORTRESS®

NOS
CONCENTRATE

PRE-WORKOUT PERFORMANCE FORMULA

**CONCENTRATED BLEND OF:
CREATINE, NOS INDUCERS, CAFFEINE**

LEMON-LIME NATURAL FLAVOR

DIETARY SUPPLEMENT
NET WT. 8.8 oz. (0.5 lb.) (250 g)

Directions: For adults, mix two (2) or three (3) scoops with 4-8 fl. ounces of water or juice and consume 30-45 minutes before your workout. Limit your use to no more than three (3) scoops in a 24-hour period. Begin with half the recommended dosage to assess individual tolerance.

Supplement Facts

Serving Size	2 Scoops (11.78 g)		3 Scoops (17.67 g)	
Servings Per Container	about 21		about 14	
Amount Per Serving	%Daily Value		%Daily Value	
Calories	20		25	
Total Carbohydrate	0 g	0%**	0.5 g	<1%**
Sodium	0 g	0%	5 g	<1%
Performance Catalyst Blend	10,028 mg (10.02 g) ***		15,042 mg (15.04 g) ***	
Creatine Monohydrate, L-Arginine AKG, CarnoSyn® Beta Alanine, Taurine, Creatine Hydrochloride, L-Glutamine, Caffeine Anhydrous (100 mg per scoop), White Willow (<i>Salix alba</i>) (bark) (standardized to contain 15 mg of Salicin per scoop)				
Percent Daily Values are based on a 2,000 calorie diet. *Daily Value not established.				

Other Ingredients: Citric Acid, Natural Lemon-Lime Flavor, Silica, Sucralose, Turmeric Powder.

Contains soy ingredients.

Carefully Manufactured by
Healthwatchers (DE), Inc.
Bohemia, NY 11716 U.S.A.
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BODY FORTRESS®

YOUR BODY - YOUR FORTRESS.®

For more information on other Body Fortress® products or for complete training and nutrition programs, visit www.bodyfortress.com.

