

- A:** Aminos in the clinically-verified 2:1:1 BCAA ratio to support recovery and healthy lean muscle.*
- B:** Beta-Alanine to increase muscle strength, performance, and endurance.*
- C:** Acetyl-L-Carnitine, to support healthy fat metabolism, increase aerobic capacity, and reduce muscle damage.*
- D:** Drive energy compounds (Tyrosine, Choline, Caffeine), to increase feelings of wakefulness and alertness.*

WARNING: This product is only intended for use in healthy adults 18 years of age or older. Pregnant or nursing women should not use this product. Consult your healthcare provider before using this product, especially if you are taking any prescription, over-the-counter medication, dietary supplement product, or if you have any pre-existing medical condition including but not limited to: high or low blood pressure, cardiac arrhythmia, stroke, heart, liver, kidney or thyroid disease, seizure disorder, psychiatric disease, diabetes, difficulty urinating due to prostate enlargement or if you are taking a MAOI (Monoamine Oxidase Inhibitor) or any other medication. Discontinue use and consult your health care professional if you experience adverse reaction to this product. Do not exceed recommended serving. Do not use in combination with caffeine or any stimulants, including but not limited to, coffee, tea, soda, and other dietary supplements or medications. Do not use under extreme conditions of heat, sleep deprivation, extreme cardiovascular exertion or dehydration. Do not combine with alcohol. Do not use if safety seal is broken or missing. Keep out of reach of children.

DIRECTIONS: Mix 1 scoop in 8-12 ounces of water. For prework-out energy, use 1-2 scoops.



Crush It!

*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.



CORE NUTRITIONALS®

ABCD

**ADVANCED BCAA+
ENERGY SUPPLEMENT**

**ENDURANCE[†] | RECOVERY[†]
FOCUS[†] | METABOLISM[†]**

LEMON DROP

NATURALLY & ARTIFICIALLY FLAVORED DIETARY SUPPLEMENT

30 SERVINGS • NET WT. 11.4 OZ (323 G)



Supplement Facts

Serving Size: 1 Scoop (10 g)

Servings Per Container: 30

	Amount Per Serving	% DV
Branched-Chain Amino Acids (BCAAs)		
L-Leucine	2500 mg	**
L-Isoleucine	1250 mg	**
L-Valine	1250 mg	**
Beta-Alanine	1600 mg	**
Acetyl-L-Carnitine HCl	500 mg	**
N-Acetyl-Tyrosine	500 mg	**
Choline Bitartrate	500 mg	**
Caffeine Anhydrous	100 mg	**

**Daily Value not established.

OTHER INGREDIENTS: Citric Acid, Natural & Artificial Flavors, Sucralose, Silicon Dioxide, Acesulfame Potassium.

xx Protect from heat, light and moisture.
xx Store at 10-25°C (50-77°F)

Manufactured in a U.S. cGMP Facility
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