

Discoveries in modern science are showing peri- or intra-workout nutrition to be more important than ever. The right combination of macro- and micro-nutrients can confer serious performance benefits in a wide variety of athletic applications. But in what amounts?

With Core INTRA, the guesswork on intra-workout nutrition is over. We've chosen the exact ingredients, at their precise levels, that you require to super charge your workout. One scoop provides key ingredients shown in scientific research to increase power, endurance, and stamina. Making INTRA the only intra-workout solution you'll ever need.*

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 healthcare professional if you experience adverse reaction to this product. Discontinue use 2 weeks prior to surgery. Do not exceed recommended serving. Do not use if safety seal is broken or missing. Keep out of reach of children.

DIRECTIONS: Mix 1 scoop with 24 ounces of water and consume during your workout.

*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®

INTRA

FULL SPECTRUM INTRAWORKOUT

ENDURANCE* | HYDRATE* | BUILD* | RECOVER*

LEMON LIME

NATURALLY & ARTIFICIALLY FLAVORED DIETARY SUPPLEMENT

25 SERVINGS • NET WT. 2.38 LBS (1080 G)



Supplement Facts

Serving Size: 1 Scoop (43.2 g)
Servings Per Container: 25

	Amount Per Serving (1 scoop)	% DV
Calories	80	
Total Carbohydrates	26 g	7%*
Total Sugars	5 g	—
Potassium (From Potassium Chloride)	100 mg	2%*
Sodium (From Sodium Chloride)	100 mg	4%*
Magnesium (From Magnesium Oxide)	126 mg	30%*
Performance Carbohydrate Blend		
Cyclic Dextrin	15,000 mg	—
Dextrose	5,500 mg	—
Branched-Chain Amino Acids (BCAAs)		
L-Leucine	3,500 mg	—
L-Isoleucine	1,750 mg	—
L-Valine	1,750 mg	—
Other Essential Amino Acids (EAAs)		
L-Lysine	1,525 mg	—
L-Threonine	1,000 mg	—
L-Phenylalanine	500 mg	—
L-Histidine	100 mg	—
L-Tryptophan	100 mg	—
L-Methionine	75 mg	—
Beta-Alanine	5,200 mg	—
GlyceSize™ (Glycerol Powder 66%)	2,000 mg	—
elevATP® (Ancient Peel and Apple Fruit Extract)	150 mg	—

* Percent Daily Values are based on a 2,000 calorie diet.
** Daily Value not established.

OTHER INGREDIENTS:

Citric Acid, Silicon Dioxide, Malic Acid, Natural and Artificial Flavor, Sucralose, Acesulfame Potassium.

Manufactured in a U.S. cGMP Facility.
Distributed by:
Core Nutritionals, LLC
Sterling, VA 20164
(888) 976-2332
info@corenutritions.com
www.corenutritions.com

GLYCER SIZE

GlyceSize™ technology used under license from Puracore Ingredients (Puracore, Australia).

elevATP

Shoulder ATP is a registered trademark of VOF International, Inc. used under license.

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

