

SUGGESTED USE:

As a dietary supplement, mix 1 scoop daily with 6-10 oz of water or as directed by your healthcare professional.

Beta-Alanine may produce a slight flushing and/or prickly sensation which is harmless and will subside within hours of use.

- **THIRD PARTY TESTED[†]**
- **NON-GMO[†]**
- **GLUTEN-FREE[†]**

WARNING: For healthy individuals 18 years and older. Consult a healthcare professional prior to use if you are pregnant or nursing, taking medication, or have a medical condition. Keep out of reach of children. Do not use if safety seal is broken or missing.

NOTICE: Store in a cool, dry place. Contents are sold by weight, not volume. Some settling may occur.

[†] 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.

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nutricost
PERFORMANCE

INTRA

INTRA-WORKOUT COMPLEX

22G | **30** | **651G**
PER SERVING | SERVINGS | PER CONTAINER

PINK LEMONADE

NATURALLY & ARTIFICIALLY FLAVORED
NET WT. 23 OZ (1.4 LB) (651 G)
DIETARY SUPPLEMENT



Supplement Facts

Serving Size: 1 Scoop (22g)
Servings Per Container: 30

Amount Per Serving	% DV*
Calories	5
Total Carbohydrate	1g <1%
Calcium	130mg 10%
Phosphorus	280mg 22%
Magnesium	100mg 25%
Chloride	335mg 15%
Sodium	240mg 10%
Potassium	270mg 6%
BCAA 2:1:1	5,000mg **
L-Citrulline	3,500mg **
Betaine Anhydrous	2,000mg **
Taurine	2,000mg **
Beta-Alanine	1,200mg **
L-Glutamine	1,000mg **
N-Acetyl L-Tyrosine	750mg **
Natural Caffeine	100mg **
Huperzine A	250mcg **

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