

PRE PRE PRE PRE PRE PRE PRE PRE PRE PRE PRE PRE PRE PRE

PERFORMIX® ION PRE-WORKOUT POWERS YOUR WORKOUT.*[†] ENERGY**

PERFORMIX® ION PRE-WORKOUT is powered by Caffeine, Betaine, L-Tyrosine, and Choline Bitartrate to provide explosive energy, and enhanced focus.*[†]

PERFORMANCE**

PERFORMIX® ION PRE-WORKOUT is powered by Creatine Monohydrate, CarnoSyn® Beta-Alanine, and Citrulline Malate to promote improved performance by generating energy at the cellular level, increased blood flow, and an elevated pump.*[†]



FUEL YOUR WORKOUT WITH THE PERFORMIX® STACK**



PERFORMIX® ION Pre-Workout gives you the energy and focus to perform, **ISO EAA+BCAA During Workout** provides electrolytes for hydration and kick starts your recovery, and **IO WHEY PROTEIN™ Post Workout** supports your recovery and helps to build strength. Combine the power of this pre, during, and post product stack to fuel your workout.*[†]

PERFORMIX® is a fitness movement. Whether you are a workout warrior or just getting started, our products, PERFORMIX House, and FitOps Foundation are here to inspire and fuel you, your purpose, and your workouts.

COMPLEMENT YOUR PERFORMIX® TRAINING REGIMEN WITH THE POWERED APP BY PERFORMIX®

Visit performixdriven.com/trainer to download the app and start your free trial.



WHEN YOU BUY PERFORMIX® YOU SUPPORT THE FITOPS FOUNDATION

FitOps helps transition veterans from service to careers as elite personal trainers. If you or someone you know may be a candidate for FitOps or you want to get involved in our mission, please visit FitOps.org.

[†] 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.

PRE-WORKOUT ENERGY ION PERFORMANCE

- + EXPLOSIVE ENERGY**
- + ENHANCED FOCUS**
- + ELEVATED PUMP**

30
SERVINGS

BLUE ICE
MADE WITH NATURAL FLAVORS AND COLORS
NET WT. 10.05 oz (285g) | DIETARY SUPPLEMENT

PERFORMIX®

SUGGESTED USE: As a dietary supplement, adults mix 1 serving (1 scoop) with 8 ounces of cold water 20-30 minutes prior to workout. Do not exceed one (1) scoop per day. This product should not be taken in combination with other products containing caffeine or other stimulants. Some individuals may experience a harmless tingling sensation, which is attributed to Beta Alanine in this product. Do not take within six (6) hours of bedtime. Please read entire label before use.

Supplement Facts

Serving Size 1 scoop (9.5g)
Servings Per Container 30

	Amount Per Serving	% Daily Value*
Total Carbohydrate	1 g	<1%
Choline	40 mg	7%
Creatine Monohydrate	2 g	**
CarnoSyn® Beta-Alanine	1.6 g	**
Betaine Anhydrous	1.5 g	**
L-Citrulline DL-Malate 2:1	1 g	**
Caffeine Anhydrous	200 mg	**
L-Tyrosine	200 mg	**
Choline Bitartrate	100 mg	**

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.
**Daily Value not established.

Other Ingredients: Natural Flavor, Citric Acid, Malic Acid, Sucralose, Silicon Dioxide, Calcium Silicate, Spirulina Extract (for Color), Acesulfame Potassium
Produced in a facility that also uses milk, eggs, fish, shellfish, peanuts, tree nuts, wheat and soy.

WARNING: DO NOT USE IF PREGNANT, NURSING, OR PLAN ON BECOMING PREGNANT. THIS PRODUCT IS INTENDED FOR USE BY HEALTHY ADULTS OVER THE AGE OF 18 AND SHOULD BE AVOIDED BY THOSE SENSITIVE TO CAFFEINE OR OTHER INGREDIENTS THAT HAVE KNOWN STIMULANT EFFECTS. Do not combine with alcohol. Not intended for use by those with a medical condition. Use only as directed. Do not exceed recommended daily intake. Consult a physician or licensed qualified health care professional prior to use if you are taking medication including, but not limited to, MAO inhibitors, antidepressants, aspirin, nonsteroidal anti-inflammatory drugs or products containing phenylephrine, ephedrine, pseudoephedrine, or other stimulants, or if you have a medical condition including, but not limited to heart, liver, kidney, or thyroid disease, psychiatric or epileptic disorders, difficulty urinating, diabetes, high blood pressure, cardiac arrhythmia, recurrent headaches, enlarged prostate or glaucoma. Discontinue 2 weeks prior to surgery or if you experience rapid heartbeat, dizziness, severe headache, or shortness of breath. **DO NOT USE IF SAFETY SEAL UNDER CAP IS BROKEN. KEEP OUT OF REACH OF CHILDREN.**



Proudly made in the USA with carefully selected ingredients of international and domestic origin.

† This product is to be used in conjunction with a healthy diet and regular resistance exercise regime.

Natural Alternatives International (NAI) is the owner of patents as listed on www.carnoSyn.com and registered trademark of CarnoSyn®

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Store in a cool, dry place. Please recycle ♻