

**0 SUGARS**  
**ARTIFICIAL PRESERVATIVES**

**Directions:** Mix 1 scoop (9g) powder into 6 to 8 fl. oz. of water, consume 20-30 minutes before working out. Best when used with blender bottle.

**Warnings:** Keep out of reach of children. Consult a medical doctor before starting a diet, an exercise program, or if you have a medical condition. This product is intended for healthy adults, 18 years of age or older. This product contains caffeine and should not be used by individuals wishing to eliminate caffeine from their diet or in combination with caffeine or stimulants from other sources. Discontinue 2 weeks prior to surgery. Beta-alanine may cause harmless tingling sensation. Immediately discontinue use and contact a medical doctor if you experience any adverse reaction to this product.

Sealed for your protection. Do not use if seal is missing or broken. Protect from heat, light, and moisture. This product is packaged by weight, not by volume.

Contains a food-grade moisture absorber to maintain freshness. Do not eat.

**CarnoSyn** Natural Alternatives International (NAI) is the owner of patents as listed on [www.carnosyn.com](http://www.carnosyn.com) and registered trademark CarnoSyn®.

\*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Sierra Fit™ is a registered trademark of Madre Labs, LLC.

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USE BEFORE: 07/03/2021



DIETARY SUPPLEMENT

**PRE-WORKOUT  
POWDER**

**SUPPORTS ENERGY AND PERFORMANCE\***

**NON-GMO**  
**WATERMELON FLAVOR**  
**NET WT. 9.5 OZ (270 G)**

**Supplement Facts**

Serving Size 1 scoop (9g)  
Servings Per Container 30

|                                                                                                                                                        | Amount per Serving | %DV** |
|--------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------|-------|
| Calories                                                                                                                                               | 5                  |       |
| Total Carbohydrate                                                                                                                                     | 1g                 | <1%   |
| Total Sugars                                                                                                                                           | 0g                 | †     |
| Includes 0g Added Sugars                                                                                                                               |                    | 0%    |
| Vitamin B6 (as Pyridoxine Hydrochloride)                                                                                                               | 0.034mg            | 2%    |
| Vitamin B12 (as Methylcobalamin***)                                                                                                                    | 14mcg              | 583%  |
| Calcium (as Calcium Silicate)                                                                                                                          | 22mg               | 2%    |
| Magnesium (as Magnesium Citrate)                                                                                                                       | 12mg               | 3%    |
| Sodium (as Sodium Citrate)                                                                                                                             | 60mg               | 3%    |
| Potassium (as Dipotassium Phosphate)                                                                                                                   | 20mg               | <1%   |
| Proprietary Performance Blend                                                                                                                          | 4.9g               | †     |
| Micronized Creatine Monohydrate, CarnoSyn® Beta-Alanine, Arginine AKG (Alpha-Keto-Glutarate), Sodium Citrate, Dipotassium Phosphate, Magnesium Citrate |                    |       |
| Proprietary Energy Blend                                                                                                                               | 1.135g             | †     |
| Taurine, Caffeine Anhydrous (135mg), Methylcobalamin, Pyridoxine Hydrochloride                                                                         |                    |       |

\*\* Percent Daily Value based on a 2,000 calorie diet.  
† Daily Value (DV) not established.  
\*\*\* Grown in *Saccharomyces cerevisiae* (Baker's yeast)

**Other Ingredients:** Natural and Artificial Flavors, Polydextrose, Malic Acid, Citric Acid, Calcium Silicate, Sucralose, Silicon Dioxide, Acesulfame Potassium, and FD&C Red #40.

This product is not manufactured with milk, eggs, fish, crustacean shellfish, tree nuts, peanuts, wheat, soy or gluten. Produced in a third-party, audited and registered cGMP compliant facility that may process other products that contain these allergens or ingredients.