



LADDER

PRE-WORKOUT

STRAWBERRY LEMONADE FLAVORED

CAFFEINE + BETA-ALANINE + CREATINE
energize and help boost performance*



No artificial flavors or sweeteners, no synthetic colors

DIETARY SUPPLEMENT

30 SERVINGS – NET WT 1 LB 7.81 OZ (675 G)



MINIMUM 45% RECYCLED CONTENT
POST-CONSUMER

LADDER

Ladder is more than just premium ingredients. Ladder works as hard as you do, so you don't just reach your goals—you blow past them. Because we're founded by NBA star **LeBron James** and **Arnold Schwarzenegger**, for the athlete in all of us.

OUR PRE-WORKOUT HELPS:



Boost
endurance*



Increase
performance*



Improve
focus*

DIRECTIONS: Take 30–45 minutes before exercise, or when you need a boost of clean energy.* Mix 1 scoop into 8–10 oz of water. Start with a ½ scoop to assess your tolerance. Do not exceed 1 scoop at a time. Do not take more than twice a day, take at least 4 hours apart.

Learn more at [laddersport](https://laddersport.com)

[f](https://laddersport.com) [i](https://laddersport.com) [@laddersport](https://laddersport.com)

SUPPLEMENT FACTS

Serving size: 1 scoop (22.5 g)

Servings per container: 30

	Amount Per Serving	% Daily Value
Calories	60	
Total Carbohydrate	6 g	2% †
Total Sugars	6 g	**
Includes 6g Added Sugars		12% †
Sodium (as sodium chloride)	75 mg	3%
Potassium (as potassium citrate)	35 mg	<1%
L-Citrulline	6 g	**
Creatine monohydrate	5 g	**
Beta-alanine	1.6 g	**
Phosphatidylserine	100 mg	**
L-Theanine	200 mg	**
Caffeine	200 mg	**
(from green tea leaf and coffee bean extracts)		

†Percent Daily Values are based on a 2,000 calorie diet.

**Daily Value not established.

OTHER INGREDIENTS: Organic cane sugar, Citric acid, Natural flavors, Silica, Xanthan gum, Stevia leaf extract, Beet juice powder (color).

DISTRIBUTED BY: Openfit LLC, 400 Continental Blvd., Suite 400, El Segundo, CA 90245

STORAGE: Store in a cool, dry place.

WARNING: This product is intended for use by healthy adults over 18 years of age. Do not consume this product if you are pregnant, breastfeeding, or if you are sensitive to Caffeine or Beta-alanine. Consult a healthcare professional prior to use if you have any medical condition or are taking any medication. Some people may also feel a mild tingling from beta-alanine. Limit use of other caffeine-containing products while taking this product, as too much caffeine may cause nervousness, irritability, sleeplessness, and occasionally, rapid heartbeat. Keep out of reach of children. This product is manufactured in a plant that also processes milk, egg, soy, fish, crustacean shellfish, tree nut, peanut, sesame, and wheat ingredients.

*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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