

Food Supplement with Flavour and Sweetener.

SHAKE TUB BEFORE FIRST USE. Contents may settle and compact after packing causing some clumping. Before first use, **shake tub vigorously for 5 seconds** to aerate the powder for best quality.

IMPORTANT INFORMATION: High caffeine content - 160mg per Regular serving, 320mg per High Strength serving. Avoid other sources of caffeine for at least 5 hours before and after taking a serving of this product, do not consume more than 400mg of caffeine per day from all sources. Do not exceed the recommended daily dosage. Food supplements must not be used as a substitute for a varied and balanced diet and a healthy lifestyle. Not for use by pregnant or lactating women. If you are taking any medications, are under medical supervision, have an existing medical condition or symptoms of illness, consult your doctor before use. People with cirrhosis of the liver and those who have suffered a heart attack should consult a doctor before consumption. Using this supplement at the same time as other food supplements may result in excessive nutrient dosages, consult a qualified professional if you are unsure. Discontinue use and contact a doctor immediately if any adverse reactions occur. Not intended for use by persons under the age of 18. Do not use if seal is broken or missing. This product is a food supplement and is not intended to diagnose, treat, cure or prevent any medical condition, illness or disease. **STORAGE:** Keep silica bags inside the container to preserve product quality. **DO NOT CONSUME SILICA BAG.** Store in a cool, dry place. Keep out of the reach of children. Serving scoop is included but may settle to the bottom during transit. For best before end and lot number: see base. **MANUFACTURED FOR:** Euro Nutrition Ltd, Discovery Court, 551-553 Wallisdown Rd, Poole, BH12 5AG, United Kingdom.

INGREDIENTS: Creatine Monohydrate, Dextrose, Taurine, L-Glutamine, Beta-Alanine, Acids (Citric Acid, Malic Acid), L-Citrulline Malate, Inulin, Caffeine, Flavouring, Sweetener (Sucralose), Anti-caking Agent (Silicon Dioxide), Colours (Anthocyanins, Patent Blue V), Methylcobalamin. **ALLERGEN ADVICE:** This product was manufactured in a facility that also processes ingredients containing gluten, egg, milk, soy, and lupin.

AC8 Pre Workout is a source of vitamin B12 which contributes to the reduction of tiredness and fatigue.

Net Weight:
320ge



New

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3033nx

¹40 Regular servings / 20 High Strength servings

SUITABLE FOR VEGETARIANS & VEGANS

BLUE RASPBERRY FLAVOUR

AC8

PRE WORKOUT

40 SERVINGS¹

Food Supplement

Net Weight: 320ge

Warning: High caffeine content (160mg per Regular serving, 320mg per High Strength serving) not suitable for children, women who are pregnant or breastfeeding, or persons who are sensitive to caffeine.

FOOD SUPPLEMENT

FIRST TIME USERS MUST START WITH A **REGULAR SERVING** TO ASSESS TOLERANCE.

DIRECTIONS: Take 1 serving 25 minutes before your workout. **REGULAR SERVING:** Take a level scoop (8g) mixed with 250ml of cold water once per day. **High Strength SERVING:** Take 2 level scoops (16g) mixed with 400ml of cold water once per day.

NUTRITIONAL INFORMATION

Regular Serving Size: 8 grams (1 Level Scoop)

Regular Servings per Container: 40

Per 8 grams (1 Level Scoop)		% NRV*
Vitamin B12	1 µg	40%
Creatine Monohydrate	1,500 mg	**
Dextrose	1,250 mg	**
Beta-Alanine	1,000 mg	**
L-Glutamine	1,000 mg	**
Taurine	1,000 mg	**
Citrulline Malate	750 mg	**
Caffeine	160 mg	**

High Strength Serving Size: 16 grams (2 Level Scoops)

High Strength Servings per Container: 20

Per 16 grams (2 Level Scoops)		% NRV*
Vitamin B12	2 µg	80%
Creatine Monohydrate	3,000 mg	**
Dextrose	2,500 mg	**
Beta-Alanine	2,000 mg	**
L-Glutamine	2,000 mg	**
Taurine	2,000 mg	**
Citrulline Malate	1,500 mg	**
Caffeine	320 mg	**

* Nutrient Reference Value

** No NRV established