

PRE-WORKOUT

TROPICAL FRUIT

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)

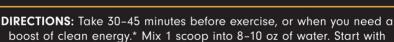


Ladder is more than just premium ingredients. Ladder works as hard as you do, so you don't just reach your goals—you blow past them.

LADDER

Because we're founded by NBA star LeBron James and Arnold Schwarzenegger, for the athlete in all of us. **OUR PRE-WORKOUT HELPS:**









% Daily Value

Do not take more than twice a day, take at least 4 hours apart. Learn more at ladder.sport

Amount Per Serving

a $\frac{1}{2}$ scoop to assess your tolerance. Do not exceed 1 scoop at a time.

SUPPLEMENT FACTS Serving size: 1 scoop (22.5 g) Servings per container: 30

	WARRING COUNTY OF THE ALEXANDER NO.	
Calories	60	
Total Carbohydrate	6 g	2%†
Total Sugars	5 g	**
Includes 5g Added Sugars		10%†
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 (from green tea leaf and coffee bean extr	200 mg acts)	**
†Percent Daily Values are based on a 2,000 calorie die **Daily Value not established.	et.	

STORAGE: Store in a cool, dry place.

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

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-clanine. 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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