

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

Formulated Without: Gluten or GMOs

*9 grams per scoop is an average. Individual scooping technique may yield slightly less than or slightly more than 9 grams.

Warnings: Keep out of reach of children. Consult a medical doctor before taking this supplement, starting a diet, an exercise program, or if you have a medical condition. Do not use if you are pregnant or nursing. This product is intended for healthy adults, 18 years of age or older. This product contains caffeine and should not be used by individuals sensitive to caffeine or individuals seeking to eliminate caffeine from their diet. Do not use in combination with other products containing 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 AND SOLD BY WEIGHT, NOT BY VOLUME. SETTling OF CONTENTS OCCURS OVER TIME.

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



Formulated with CarnoSyn® Beta-Alanine

Natural Alternatives International (NAI) is the owner of patents as listed on 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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Sierra FIT®

DIETARY SUPPLEMENT

**PRE-WORKOUT
POWDER**

SUPPORTS ENERGY AND PERFORMANCE*

BLUE RASPBERRY

NATURALLY AND ARTIFICIALLY FLAVORED

NET WT 9.5 OZ (270 G)

Supplement Facts

Serving Size 1 scoop (9 grams*)

Servings Per Container 30

	Amount per Serving	%DV
Calories	5	
Total Carbohydrate	<1 g	<1%**
Vitamin B6 (as Pyridoxine Hydrochloride)	34 mcg	2%
Vitamin B12 (as Cyanocobalamin from culture of <i>Saccharomyces cerevisiae</i>)	10 mcg	417%
Magnesium (as Magnesium Citrate)	12 mg	3%
Sodium (as Sodium Citrate)	60 mg	3%
Proprietary Performance Blend	4.9 g	†
Micronized Creatine Monohydrate, Beta-Alanine, Arginine Alpha-Ketoglutarate (AAKG), Sodium Citrate, Dipotassium Phosphate, Magnesium Citrate		
Proprietary Energy Blend	1.135 g	†
Taurine, Caffeine Anhydrous (135 mg), Cyanocobalamin, Pyridoxine Hydrochloride		

** Percent Daily Values (DV) are based on a 2,000 calorie diet.

† Daily Value (DV) not established.

Other Ingredients: Citric Acid, Malic Acid, Natural and Artificial Flavors, Calcium Silicate, Silicon Dioxide, Sucralose, Polydextrose, Acesulfame Potassium, and FD&C Blue #1.

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