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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.



SUPPORTS ENERGY PRODUCTION†



CAFFEINE ≈ 2 CUPS OF COFFEE



ASSISTS FOCUS & CLARITY†

No more "meh" workouts. Alpha BRAIN® Pre-Workout combines cognitive support ingredients with compounds designed for endurance and power. The result is a pre-workout that charges up the mind as well as the body, helping to aid focus while promoting exercise performance.†

**Suggested Use:** Adults, as a dietary supplement, take one serving (one scoop) mixed with 10-14 ounces of water 20-30 minutes prior to training. Drink immediately after mixing for best flavor. Do not exceed one serving (one scoop) per 24 hour period. Do not combine with foods or supplements containing more than 50mg of caffeine.

**WARNING:** Consult a medical doctor before taking this supplement if you have or suspect a medical condition or are taking any medications. Contains approximately the same amount of caffeine as two cups of coffee (200mg). Do not use near bedtime, if you're pregnant, nursing, or are sensitive to caffeine. Discontinue taking this product if you experience an adverse event. **KEEP OUT OF REACH OF CHILDREN.** Store in a cool, dry place. Do not use this product if the freshness seal is missing or broken.

PFBc® is a registered trademark of Phenolabs USA. NooGandha® is a registered trademark of Specnova®, LLC. AlphaSize® is a registered trademark of Chemi Nutra. Dynamine™ is a trademark and protected by Patents Pending claiming priority to Serial No. 61/903,362; under exclusive global distribution by Compound Solutions, Inc.

**ONNIT**

**ALPHA BRAIN®**

**PRE-WORKOUT**

**TIGER'S BLOOD FLAVORED**

WITH OTHER NATURAL FLAVORS

**20 SERVINGS**

**PROMOTES MENTAL FOCUS†**

**ENERGY PRODUCTION†**  
200 mg caffeine per scoop

**PROMOTES ENDURANCE†**

MINIMUM FILL LINE →

Product is packaged by weight not volume. Some settling may occur.

## Supplement Facts

Serving Size 1 scoop (10.3g)  
Servings per Container 20

|                                                            | Amount per Serving | %DV |
|------------------------------------------------------------|--------------------|-----|
| Sodium (as Sodium Citrate)                                 | 150 mg             | 7%  |
| Beta Alanine                                               | 2.4 g              | *   |
| L-Citrulline                                               | 2.4 g              | *   |
| African oil palm (fruit) Extract (PFBc®)                   | 250 mg             | *   |
| Ashwagandha (root & leaf) Extract (NooGandha®)             | 225 mg             | *   |
| Caffeine Anhydrous                                         | 200 mg             | *   |
| Alpha-Glycerol Phosphoryl Choline (Alpha-GPC) (AlphaSize®) | 125 mg             | *   |
| Theobromine                                                | 100 mg             | *   |
| Methylxanthine Powder (Dynamine™)                          | 50 mg              | *   |

\*Daily Value (DV) not established.

**Other Ingredients:** Natural Flavors, L-Malic Acid, Citric Acid, Calcium Silicate, Stevia Glycoside (Rebaudioside M), Luo Han Guo (fruit) Extract, Vegetable Juice (Color)

**DIETARY SUPPLEMENT**  
**NET WT 7.27 OZ (206g)**

**Manufactured Exclusively For:** Onnit Labs, Inc.  
Austin, Texas 78744 • (855) ONNIT-99