



PRE-WORKOUT

ENERGY + STRENGTH + PERFORMANCE

ENDURANCE + POWER + BLOOD FLOW

100mg NATURAL CAFFEINE

DIETARY SUPPLEMENT Net Wt. 450g (30 servings)

RASPBERRY POMEGRANATE

Pre-Workout is formulated to take your workout to the next level. We hand selected the safest and most scientifically backed ingredients to help improve strength, power, endurance, and blood-flow in a jitter free, low caffeine formula.[†]



CMO FREE



GLUTEN FREE



VEGAN



NATURAL



NO ADDED SUGAR



NO ARTIFICIAL ANYTHING

LIVE FOR IT.[™]

Duke + Todd

BREAKING DOWN THE LABEL

CREATINE MONOHYDRATE:

Increases muscle strength and size, enhances recovery, improves sprint performance & enhances brain function.

CITRULLINE MALATE:

Increases blood flow to supply muscles with nutrients and oxygen, and flushes out lactic acid.

BETA ALANINE:

Boosts explosive muscular strength & power output, increases muscle mass, boosts muscular anaerobic endurance, increases aerobic endurance, and increases exercise capacity so you can train harder & longer.

NATURAL CAFFEINE:

Energy boost, increased focus, and increased pain threshold.

BETAINE:

Amplifies the effects of creatine monohydrate, improves muscle protein synthesis, supports healthy levels of homocysteine, and supported to raise SAMe levels, which supports positive mood, liver health & aids joint recovery.

RECOMMENDED USE:

Mix one scoop with 8-15oz of cold water. Shake well and continue to shake while consuming, as the creatine may settle at the bottom.

ALLERGEN WARNING:

Made in a facility that also processes dairy, egg, soy, tree nuts, peanuts, fish/crustaceans/shellfish oils and wheat products. If you are pregnant, breastfeeding, or taking medication, consult your physician before using this product. Store in a cool dry place.

WARNING FOR CALIFORNIA RESIDENTS:

Consuming this product can expose you to chemicals including lead, which is known to the State of California to cause cancer and birth defects or other reproductive harm. For more information go to: www.P65Warnings.ca.gov

These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

SUPPLEMENT FACTS

Serving Size: 1 Scoop (15g)
Servings Per Container: 30

Amount per serving	% Daily Value*
Calories 0	
Creatine Monohydrate 5g	**
L-Citrulline Malate 2-1 3g	**
Betaine Anhydrous 2.5g	**
Beta Alanine 1.6g	**
Natural Caffeine (from coffee beans) 100mg	**

* Percent Daily Value are based on 2,000 calorie diet.
** Daily Value not established

OTHER INGREDIENTS: Natural Flavors, Stevia Leaf Extract, Citric Acid, Silica, Dimethyl Silicon Dioxide, Sweet Root Powder (for color), Malic Acid

NO ARTIFICIAL COLORS OR SWEETENERS



Made in Canada

Manufactured for and Distributed by Propello Life[™]
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