

Proper supplementation before and during workouts can significantly improve performance. That's where Core ABC comes into play! Core ABC is ideal whether bulking up or slimming down and is specifically designed to improve performance by building muscle, preventing catabolism (muscle loss), increasing endurance, and assisting recovery.

Core ABC uses the most effective, scientifically-established ratio (2:1:1) of the Branched-Chain Amino Acids (BCAAs - Leucine, Isoleucine, and Valine), to improve recovery and build muscle. Glutamine is included to help keep the body in a muscle-building state during training, and CarnoSyn® brand Beta-Alanine is included to improve endurance by reducing lactic acid buildup and increasing skeletal muscle carnosine levels. Citrulline Malate also reduces lactic acid buildup and ammonia concentration, at the same time increasing Nitric Oxide (NO) and ATP production.

Core ABC should be taken before and during training, but can also be taken at other times throughout the day to maximize its effectiveness.††



††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.

No Aspartame!

No Artificial Coloring!



CORE ABC

AMINO ACIDS, BETA-ALANINE, & CITRULLINE MALATE

A Muscle Building, Muscle Sparing, Endurance, and Recovery Aid Dietary Supplement

LEMONADE

Dietary Supplement 2 lb 3 oz (1 kg) 50 servings (20 g each)

Supplement Facts

Serving Size: 2 scoops (20 g)

Servings Per Container: 50

Amount Per Serving	% Daily Value*	
Branched-Chain Amino Acids (BCAAs)		
L-Leucine	5 g	†
L-Isoleucine	2.5 g	†
L-Valine	2.5 g	†
L-Glutamine	2.5 g	†
Beta-Alanine (as CarnoSyn®)	2.5 g	†
Citrulline Malate	2.5 g	†

† Daily value not established.

* Percent values are based on 2,000 calorie diet.

Other Ingredients: Natural and Artificial Flavors, Citric Acid, Acesulfame-K, Sucralose.

Directions: Mix 2 scoops in 16-32 ounces of water and shake well. For a sweeter flavor add less water; for a more dilute flavor add more water. Consume immediately before and during training. Additional servings can also be taken throughout the day to maximize effectiveness.

- Keep out of reach of children.
- Store at 10-25C (50-77F).
- Protect from heat, light and moisture.
- Do not purchase if seal is broken.



Distributed by:
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Manufactured in a cGMP Facility.
Made in the USA.



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