

SUGGESTED USE:

As a dietary supplement, mix 1 scoop daily with 6-10 oz of water or as directed by your healthcare professional. **DO NOT EXCEED 2 SCOOPS IN ANY 24 HOUR PERIOD.**

Beta-Alanine may produce a slight flushing and/or prickly sensation which is harmless and will subside within hours of use. Do not consume more than 400mg of caffeine from any source in a 24 hour period.

- **THIRD PARTY TESTED†**
- **NON-GMO†**
- **GLUTEN-FREE†**

WARNING: For healthy individuals 18 years and older. Consult a healthcare professional prior to use if you are pregnant or nursing, taking medication, or have a medical condition. Keep out of reach of children. Do not use if safety seal is broken or missing.

NOTICE: Store in a cool, dry place. Contents are sold by weight, not volume. Some settling may occur.

**MADE AND QUALITY TESTED IN THE USA
WITH GLOBALLY SOURCED INGREDIENTS.**

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nutricost
WOMEN

PRE

**Pre-Workout Complex
with B-Vitamins & Folate**

12G | **30** | **360G**
PER SERVING | SERVINGS | PER CONTAINER

GRAPE

NATURALLY FLAVORED WITH OTHER NATURAL FLAVORS
NET WT. 12.7 OZ (360 G)
DIETARY SUPPLEMENT



Supplement Facts

Serving Size: 1 Scoop (12g)

Servings Per Container: 30

Amount Per Serving	% Daily Value*	
Total Carbohydrate	<1g	0%
Thiamin (Vitamin B1) (as thiamine mononitrate)	15mg	1,250%
Niacin (as niacinamide)	20mg NE	130%
Vitamin B6 (as pyridoxine HCl)	20mg	1,180%
Folate (200mcg folic acid)	340mcg DFE	90%
Vitamin B12 (as methylcobalamin)	125mcg	5,210%
L-Citrulline Malate 2:1	4,000mg	**
Beta-Alanine	2,000mg	**
Betaine Anhydrous	1,200mg	**
Arginine AKG 2:1	750mg	**
Agmatine Sulfate	500mg	**
N-Acetyl L-Tyrosine	300mg	**
L-Theanine	200mg	**
Caffeine Anhydrous	200mg	**
Theobromine	100mg	**
Huperzine A	50mcg	**

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

** Daily Value not established.

Other ingredients: Natural flavors, tartaric acid (flavor enhancer), calcium silicate, silicon dioxide, sucralose, fruit juice (for color).

† 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.