

DIRECTIONS: Mix one scoop with 6-8 oz. of water and consume 20-30 minutes before training. Start with 1 scoop or less to assess your tolerance.



175 MG
CAFFEINE FROM
NATURAL SOURCES

1.5 G
BETA-
ALANINE

3 G
CREATINE
MONOHYDRATE

ONE SCOOP PROVIDES:

CAFFEINE	175 MG
BETA-ALANINE	1.5 G
CREATINE MONOHYDRATE	3 G
MICRONIZED L-CITRULLINE	750 MG

ENERGY & FOCUS[▲]

ENHANCED ENDURANCE[▲]

PERFORMANCE SUPPORT[▲]

PRECURSOR TO N.O.[▲]

WARNING: CONSULT YOUR PHYSICIAN BEFORE USING THIS PRODUCT IF YOU ARE TAKING ANY MEDICATIONS OR ARE UNDER A PHYSICIAN'S CARE FOR A MEDICAL CONDITION. NOT FOR USE BY THOSE UNDER THE AGE OF 18, WOMEN THAT ARE PREGNANT, TRYING TO GET PREGNANT, OR NURSING, OR THOSE THAT ARE SENSITIVE TO CAFFEINE, NIACIN OR BETA-ALANINE. DO NOT CONSUME CAFFEINE FROM OTHER SOURCES WHILE TAKING THIS PRODUCT AS TOO MUCH CAFFEINE MAY CAUSE NERVOUSNESS, IRRITABILITY, SLEEPLESSNESS, AND OCCASIONALLY RAPID HEARTBEAT. BETA-ALANINE AND NIACIN MAY CAUSE A HARMLESS, TEMPORARY TINGLING OR FLUSHING SENSATION.

DO NOT COMBINE WITH ALCOHOL. DO NOT EXCEED 2 SCOOPS WITHIN ANY 24 HOUR PERIOD. CONSUME AS PART OF A HEALTHY DIET AND EXERCISE PROGRAM, AND DRINK AT LEAST 100 OZ OF WATER PER DAY. EXERCISE MAY INCREASE YOUR NEED FOR FLUID INTAKE.

KEEP OUT OF REACH OF CHILDREN.
STORE IN A COOL, DRY PLACE.
CONTENTS SOLD BY WEIGHT NOT VOLUME.

CONTAINS 175 MG OF CAFFEINE PER SCOOP



INFORMED-CHOICE is a quality assurance program for sports nutrition products. The program certifies that nutritional supplements that bear the Informed-Choice logo have been tested for banned substances by the world class sports anti-doping lab, LGC Limited.



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is a registered trademark of AlzChem AG



AstraGin® is a registered trademark of Nuliv Science USA, Inc.

GOLD STANDARD

PRE-WORKOUT™

**BANNED
SUBSTANCE
TESTED**



BLUEBERRY LEMONADE
Naturally & Artificially Flavored

ENERGY[▲] + FOCUS[▲] + ENDURANCE[▲]

DIETARY SUPPLEMENT
NET WT 1.32 LB (600 G)

60 SERVINGS

TRUE STRENGTH™
WWW.OPTIMUMNUTRITION.COM



1 (800) 705-5226 TRUESTRENGTH.COM

Supplement Facts

Serving Size 1 Scoop (10 g)
Servings Per Container 60

Amount Per Serving	% Daily Value
Calories	5
Total Carbohydrate	1 g <1%*
Vitamin D (as Cholecalciferol)	500 IU 125%
Thiamin (as Thiamin HCl)	2 mg 133%
Niacin (as Nicotinic Acid)	20 mg 100%
Vitamin B6 (as Pyridoxine HCl)	2 mg 100%
Folic Acid	200 mcg 50%
Vitamin B12 (as Cyanocobalamin)	10 mcg 167%
Pantothenic Acid (as D-Calcium Pantothenate)	10 mg 100%
Muscle Matrix[▲]	
Creatine Monohydrate (Creapure®)	3 g †
AstraGin® Proprietary Blend (Astragalus membranaceus Extract (root) & Panax notoginseng Extract (root))	25 mg †
Performance Composite[▲]	
Beta-Alanine (as CarnoSyn®)	1.5 g †
Micronized L-Citrulline	750 mg †
Energy & Focus Complex[▲]	
Acetyl-L-Carnitine HCl	375 mg †
N-Acetyl-L-Tyrosine	250 mg †
Caffeine	175 mg †
Citrus Bioflavonoids Complex	100 mg †

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

OTHER INGREDIENTS: Natural and Artificial Flavor, Citric Acid, Malic Acid, Silicon Dioxide, Calcium Silicate, Caffeine (from Tea and/or Coffee Bean), Gum Blend (Cellulose Gum, Xanthan Gum, Carrageenan), Sucralose, Tartaric Acid, Acesulfame Potassium, Blue 1.

MANUFACTURED BY
OPTIMUM NUTRITION, INC.

3500 Lacey Road, Suite 1200
Downers Grove, IL 60515

MANUFACTURED IN THE USA
This product contains ingredients
of international and domestic origin



FPO UPC



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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.

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