



VitaCholer® is a trademark of Solheim Corporation. Creatine MagnaPower® and Creatine MagnaPower® are trademarks of Amino Laboratories, Inc. Nitrosigine® and the Nitrosigine® logo are registered trademarks of Nutrition 21, LLC. Nitrosigine® is patent protected.



Nitrosigine®



VEGETARIAN | GLUTEN FREE | NON-GMO | LACTOSE FREE

Warning: KEEP OUT OF REACH OF CHILDREN. This product is only intended to be consumed by healthy adults 18 years of age or older. Do not use if you are pregnant, breast feeding, sensitive to caffeine, have known medical conditions (including but not limited to kidney, heart or liver disease) or are taking prescription or OTC medication. Consult with your health care practitioner before using this product. Do not use under extreme conditions of heat, CARDIOVASCULAR EXERCISE or dehydration. **CONTAINS CAFFEINE.** Do not use with caffeine or stimulant-containing medications, foods or beverages because too much caffeine may cause nervousness, irritability, sleeplessness and occasionally rapid heartbeat. Discontinue use and consult with your health care professional if you experience any adverse reaction to this product. Do not exceed recommended serving. Discontinue use two weeks prior to surgery.

Suggested Use: As a dietary supplement, mix 1 heaping scoop of PRE into 12-16 ounces of water and consume 20-30 minutes prior to exercise. Vary the amount of water to achieve your desired flavor level. PRE is extremely powerful, first time users should begin use with 1/2 scoop or less to assess your tolerance. **DO NOT EXCEED 1 SCOOP IN ANY 24 HOUR PERIOD OR USE MORE THAN 5 DAYS IN ANY 7 DAY PERIOD.**

NUTRA[®]**BIO**

CLINICALLY DOSED

PRE

PRE-WORKOUT PERFORMANCE IGNITER*

INTENSE
FOCUS

MASSIVE
PUMPS

EXPLOSIVE
ENERGY

**GRAPE BERRY
CRUSH**



20 SERVINGS
Natural & Artificial Flavoring
Dietary Supplement
Net Wt. 1.3 lb (585 g)

6G
CREATINE

3.2G
NITROSIGINE

2.7G
NITROGLYCERINE

7.8G
NITROGLYCERINE

MANUFACTURED IN OUR
GMP & FDA
INSPECTED FACILITY
FDA Registration: 1008177081

ESTD
1996

Check Independent Lab Results
CHECKMYSUPPS.COM



MADE IN USA
— WITH INGREDIENTS —
SOURCED WORLDWIDE



Supplement Facts

Serving Size: 1 Scoop (28.35 g)

Servings per container: 20

	Amount Per Serving	% DV*
Formulation:		
Vitamin C (ascorbic acid) (Vitamin C)	100 mg	100%
Medium Chain Triglycerides (MCT)	30 mg MCT	60%
Vitamin B6 (pyridoxine HCl)	50 mg	100%
Vitamin B12 (cyanocobalamin)	100 mcg	2,000%
Calcium (as calcium carbonate)	50 mg	10%
Phosphorus (as phosphoric acid)	50 mg	10%
Magnesium (as magnesium citrate)	50 mg	10%
Sodium (as sodium phosphate)	100 mg	20%
Protein (as whey protein isolate)	50 mg	10%
Choline (as choline bitartrate)	50 mg	10%
Formulation:		
Vitamin C (ascorbic acid) (Vitamin C)	100 mg	100%
Medium Chain Triglycerides (MCT)	30 mg MCT	60%
Vitamin B6 (pyridoxine HCl)	50 mg	100%
Vitamin B12 (cyanocobalamin)	100 mcg	2,000%
Calcium (as calcium carbonate)	50 mg	10%
Phosphorus (as phosphoric acid)	50 mg	10%
Magnesium (as magnesium citrate)	50 mg	10%
Sodium (as sodium phosphate)	100 mg	20%
Protein (as whey protein isolate)	50 mg	10%
Choline (as choline bitartrate)	50 mg	10%
Formulation:		
Vitamin C (ascorbic acid) (Vitamin C)	100 mg	100%
Medium Chain Triglycerides (MCT)	30 mg MCT	60%
Vitamin B6 (pyridoxine HCl)	50 mg	100%
Vitamin B12 (cyanocobalamin)	100 mcg	2,000%
Calcium (as calcium carbonate)	50 mg	10%
Phosphorus (as phosphoric acid)	50 mg	10%
Magnesium (as magnesium citrate)	50 mg	10%
Sodium (as sodium phosphate)	100 mg	20%
Protein (as whey protein isolate)	50 mg	10%
Choline (as choline bitartrate)	50 mg	10%
Formulation:		
Vitamin C (ascorbic acid) (Vitamin C)	100 mg	100%
Medium Chain Triglycerides (MCT)	30 mg MCT	60%
Vitamin B6 (pyridoxine HCl)	50 mg	100%
Vitamin B12 (cyanocobalamin)	100 mcg	2,000%
Calcium (as calcium carbonate)	50 mg	10%
Phosphorus (as phosphoric acid)	50 mg	10%
Magnesium (as magnesium citrate)	50 mg	10%
Sodium (as sodium phosphate)	100 mg	20%
Protein (as whey protein isolate)	50 mg	10%
Choline (as choline bitartrate)	50 mg	10%
Formulation:		
Vitamin C (ascorbic acid) (Vitamin C)	100 mg	100%
Medium Chain Triglycerides (MCT)	30 mg MCT	60%
Vitamin B6 (pyridoxine HCl)	50 mg	100%
Vitamin B12 (cyanocobalamin)	100 mcg	2,000%
Calcium (as calcium carbonate)	50 mg	10%
Phosphorus (as phosphoric acid)	50 mg	10%
Magnesium (as magnesium citrate)	50 mg	10%
Sodium (as sodium phosphate)	100 mg	20%
Protein (as whey protein isolate)	50 mg	10%
Choline (as choline bitartrate)	50 mg	10%
Formulation:		
Vitamin C (ascorbic acid) (Vitamin C)	100 mg	100%
Medium Chain Triglycerides (MCT)	30 mg MCT	60%
Vitamin B6 (pyridoxine HCl)	50 mg	100%
Vitamin B12 (cyanocobalamin)	100 mcg	2,000%
Calcium (as calcium carbonate)	50 mg	10%
Phosphorus (as phosphoric acid)	50 mg	10%
Magnesium (as magnesium citrate)	50 mg	10%
Sodium (as sodium phosphate)	100 mg	20%
Protein (as whey protein isolate)	50 mg	10%
Choline (as choline bitartrate)	50 mg	10%
Formulation:		
Vitamin C (ascorbic acid) (Vitamin C)	100 mg	100%
Medium Chain Triglycerides (MCT)	30 mg MCT	60%
Vitamin B6 (pyridoxine HCl)	50 mg	100%
Vitamin B12 (cyanocobalamin)	100 mcg	2,000%
Calcium (as calcium carbonate)	50 mg	10%
Phosphorus (as phosphoric acid)	50 mg	10%
Magnesium (as magnesium citrate)	50 mg	10%
Sodium (as sodium phosphate)	100 mg	20%
Protein (as whey protein isolate)	50 mg	10%
Choline (as choline bitartrate)	50 mg	10%
Formulation:		
Vitamin C (ascorbic acid) (Vitamin C)	100 mg	100%
Medium Chain Triglycerides (MCT)	30 mg MCT	60%
Vitamin B6 (pyridoxine HCl)	50 mg	100%
Vitamin B12 (cyanocobalamin)	100 mcg	2,000%
Calcium (as calcium carbonate)	50 mg	10%
Phosphorus (as phosphoric acid)	50 mg	10%
Magnesium (as magnesium citrate)	50 mg	10%
Sodium (as sodium phosphate)	100 mg	20%
Protein (as whey protein isolate)	50 mg	10%
Choline (as choline bitartrate)	50 mg	10%
Formulation:		
Vitamin C (ascorbic acid) (Vitamin C)	100 mg	100%
Medium Chain Triglycerides (MCT)	30 mg MCT	60%
Vitamin B6 (pyridoxine HCl)	50 mg	100%
Vitamin B12 (cyanocobalamin)	100 mcg	2,000%
Calcium (as calcium carbonate)	50 mg	10%
Phosphorus (as phosphoric acid)	50 mg	10%
Magnesium (as magnesium citrate)	50 mg	10%
Sodium (as sodium phosphate)	100 mg	20%
Protein (as whey protein isolate)	50 mg	10%
Choline (as choline bitartrate)	50 mg	10%
Formulation:		
Vitamin C (ascorbic acid) (Vitamin C)	100 mg	100%
Medium Chain Triglycerides (MCT)	30 mg MCT	60%
Vitamin B6 (pyridoxine HCl)	50 mg	100%
Vitamin B12 (cyanocobalamin)	100 mcg	2,000%
Calcium (as calcium carbonate)	50 mg	10%
Phosphorus (as phosphoric acid)	50 mg	10%
Magnesium (as magnesium citrate)	50 mg	10%
Sodium (as sodium phosphate)	100 mg	20%
Protein (as whey protein isolate)	50 mg	10%
Choline (as choline bitartrate)	50 mg	10%
Formulation:		
Vitamin C (ascorbic acid) (Vitamin C)	100 mg	100%
Medium Chain Triglycerides (MCT)	30 mg MCT	60%
Vitamin B6 (pyridoxine HCl)	50 mg	100%
Vitamin B12 (cyanocobalamin)	100 mcg	2,000%
Calcium (as calcium carbonate)	50 mg	10%
Phosphorus (as phosphoric acid)	50 mg	10%
Magnesium (as magnesium citrate)	50 mg	10%
Sodium (as sodium phosphate)	100 mg	20%
Protein (as whey protein isolate)	50 mg	10%
Choline (as choline bitartrate)	50 mg	10%
Formulation:		
Vitamin C (ascorbic acid) (Vitamin C)	100 mg	100%
Medium Chain Triglycerides (MCT)	30 mg MCT	60%
Vitamin B6 (pyridoxine HCl)	50 mg	100%
Vitamin B12 (cyanocobalamin)	100 mcg	2,000%
Calcium (as calcium carbonate)	50 mg	10%
Phosphorus (as phosphoric acid)	50 mg	10%
Magnesium (as magnesium citrate)	50 mg	10%
Sodium (as sodium phosphate)	100 mg	20%
Protein (as whey protein isolate)	50 mg	10%
Choline (as choline bitartrate)	50 mg	10%
Formulation:		
Vitamin C (ascorbic acid) (Vitamin C)	100 mg	100%
Medium Chain Triglycerides (MCT)	30 mg MCT	60%
Vitamin B6 (pyridoxine HCl)	50 mg	100%
Vitamin B12 (cyanocobalamin)	100 mcg	2,000%
Calcium (as calcium carbonate)	50 mg	10%
Phosphorus (as phosphoric acid)	50 mg	10%
Magnesium (as magnesium citrate)	50 mg	10%
Sodium (as sodium phosphate)	100 mg	20%
Protein (as whey protein isolate)	50 mg	10%
Choline (as choline bitartrate)	50 mg	10%
Formulation:		
Vitamin C (ascorbic acid) (Vitamin C)	100 mg	100%
Medium Chain Triglycerides (MCT)	30 mg MCT	60%
Vitamin B6 (pyridoxine HCl)	50 mg	100%
Vitamin B12 (cyanocobalamin)	100 mcg	2,000%
Calcium (as calcium carbonate)	50 mg	10%
Phosphorus (as phosphoric acid)	50 mg	10%
Magnesium (as magnesium citrate)	50 mg	10%
Sodium (as sodium phosphate)	100 mg	20%
Protein (as whey protein isolate)	50 mg	10%
Choline (as choline bitartrate)	50 mg	10%
Formulation:		
Vitamin C (ascorbic acid) (Vitamin C)	100 mg	100%
Medium Chain Triglycerides (MCT)	30 mg MCT	60%
Vitamin B6 (pyridoxine HCl)	50 mg	100%
Vitamin B12 (cyanocobalamin)	100 mcg	2,000%
Calcium (as calcium carbonate)	50 mg	10%
Phosphorus (as phosphoric acid)	50 mg	10%
Magnesium (as magnesium citrate)	50 mg	10%
Sodium (as sodium phosphate)	100 mg	20%
Protein (as whey protein isolate)	50 mg	10%
Choline (as choline bitartrate)	50 mg	10%
Formulation:		
Vitamin C (ascorbic acid) (Vitamin C)	100 mg	100%
Medium Chain Triglycerides (MCT)	30 mg MCT	60%
Vitamin B6 (pyridoxine HCl)	50 mg	100%
Vitamin B12 (cyanocobalamin)	100 mcg	2,000%
Calcium (as calcium carbonate)	50 mg	10%
Phosphorus (as phosphoric acid)	50 mg	10%
Magnesium (as magnesium citrate)	50 mg	10%
Sodium (as sodium phosphate)	100 mg	20%
Protein (as whey protein isolate)	50 mg	10%
Choline (as choline bitartrate)	50 mg	10%
Formulation:		
Vitamin C (ascorbic acid) (Vitamin C)	100 mg	100%
Medium Chain Triglycerides (MCT)	30 mg MCT	60%
Vitamin B6 (pyridoxine HCl)	50 mg	100%
Vitamin B12 (cyanocobalamin)	100 mcg	2,000%
Calcium (as calcium carbonate)	50 mg	10%
Phosphorus (as phosphoric acid)	50 mg	10%
Magnesium (as magnesium citrate)	50 mg	10%
Sodium (as sodium phosphate)	100 mg	20%
Protein (as whey protein isolate)	50 mg	10%
Choline (as choline bitartrate)	50 mg	10%
Formulation:		
Vitamin C (ascorbic acid) (Vitamin C)	100 mg	100%
Medium Chain Triglycerides (MCT)	30 mg MCT	60%
Vitamin B6 (pyridoxine HCl)	50 mg	100%
Vitamin B12 (cyanocobalamin)	100 mcg	2,000%
Calcium (as calcium carbonate)	50 mg	10%
Phosphorus (as phosphoric acid)	50 mg	10%
Magnesium (as magnesium citrate)	50 mg	10%
Sodium (as sodium phosphate)	100 mg	20%
Protein (as whey protein isolate)	50 mg	10%
Choline (as choline bitartrate)	50 mg	10%
Formulation:		
Vitamin C (ascorbic acid) (Vitamin C)	100 mg	100%
Medium Chain Triglycerides (MCT)	30 mg MCT	60%
Vitamin B6 (pyridoxine HCl)	50 mg	100%
Vitamin B12 (cyanocobalamin)	100 mcg	2,000%
Calcium (as calcium carbonate)	50 mg	10%
Phosphorus (as phosphoric acid)	50 mg	10%
Magnesium (as magnesium citrate)	50 mg	10%
Sodium (as sodium phosphate)	100 mg	20%
Protein (as whey protein isolate)	50 mg	10%
Choline (as choline bitartrate)	50 mg	10%
Formulation:		
Vitamin C (ascorbic acid) (Vitamin C)	100 mg	100%
Medium Chain Triglycerides (MCT)	30 mg MCT	60%
Vitamin B6 (pyridoxine HCl)	50 mg	100%
Vitamin B12 (cyanocobalamin)	100 mcg	2,000%
Calcium (as calcium carbonate)	50 mg	10%
Phosphorus (as phosphoric acid)	50 mg	10%
Magnesium (as magnesium citrate)	50 mg	10%
Sodium (as sodium phosphate)	100 mg	20%
Protein (as whey protein isolate)	50 mg	10%
Choline (as choline bitartrate)	50 mg	10%
Formulation:		
Vitamin C (ascorbic acid) (Vitamin C)	100 mg	100%
Medium Chain Triglycerides (MCT)	30 mg MCT	60%
Vitamin B6 (pyridoxine HCl)	50 mg	100%
Vitamin B12 (cyanocobalamin)	100 mcg	2,000%
Calcium (as calcium carbonate)	50 mg	10%
Phosphorus (as phosphoric acid)	50 mg	10%
Magnesium (as magnesium citrate)	50 mg	10%
Sodium (as sodium phosphate)	100 mg	20%
Protein (as whey protein isolate)	50 mg	10%
Choline (as choline bitartrate)	50 mg	10%
Formulation:		
Vitamin C (ascorbic acid) (Vitamin C)	100 mg	100%
Medium Chain Triglycerides (MCT)	30 mg MCT	60%
Vitamin B6 (pyridoxine HCl)	50 mg	100%
Vitamin B12 (cyanocobalamin)	100 mcg	2,000%
Calcium (as calcium carbonate)	50 mg	10%
Phosphorus (as phosphoric acid)	50 mg	10%
Magnesium (as magnesium citrate)	50 mg	10%
Sodium (as sodium phosphate)	100 mg	20%
Protein (as whey protein isolate)	50 mg	10%
Choline (as choline bitartrate)	50 mg	10%
Formulation:		
Vitamin C (ascorbic acid) (Vitamin C)	100 mg	100%
Medium Chain Triglycerides (MCT)	30 mg MCT	60%
Vitamin B6 (pyridoxine HCl)	50 mg	100%
Vitamin B12 (cyanocobalamin)	100 mcg	2,000%
Calcium (as calcium carbonate)	50 mg	10%
Phosphorus (as phosphoric acid)	50 mg	10%
Magnesium (as magnesium citrate)	50 mg	10%
Sodium (as sodium phosphate)	100 mg	20%
Protein (as whey protein isolate)	50 mg	10%
Choline (as choline bitartrate)	50 mg	10%
Formulation:		
Vitamin C (ascorbic acid) (Vitamin C)	100 mg	100%
Medium Chain Triglycerides (MCT)	30 mg MCT	60%
Vitamin B6 (pyridoxine HCl)	50 mg	100%
Vitamin B12 (cyanocobalamin)	100 mcg	2,000%
Calcium (as calcium carbonate)	50 mg	10%
Phosphorus (as phosphoric acid)	50 mg	10%
Magnesium (as magnesium citrate)	50 mg	10%
Sodium (as sodium phosphate)	100 mg	20%
Protein (as whey protein isolate)	50 mg	10%
Choline (as choline bitartrate)	50 mg	10%
Formulation:		
Vitamin C (ascorbic acid) (Vitamin C)	100 mg	100%
Medium Chain Triglycerides (MCT)	30 mg MCT	60%
Vitamin B6 (pyridoxine HCl)	50 mg	100%
Vitamin B12 (cyanocobalamin)	100 mcg	2,000%
Calcium (as calcium carbonate)	50 mg	10%
Phosphorus (as phosphoric acid)	50 mg	10%
Magnesium (as magnesium citrate)	50 mg	10%
Sodium (as sodium phosphate)	100 mg	20%
Protein (as whey protein isolate)	50 mg	10%
Choline (as choline bitartrate)	50 mg	10%
Formulation:		
Vitamin C (ascorbic acid) (Vitamin C)	100 mg	100%
Medium Chain Triglycerides (MCT)	30 mg MCT	60%
Vitamin B6 (pyridoxine HCl)	50 mg	100%
Vitamin B12 (cyanocobalamin)	100 mcg	2,000%
Calcium (as calcium carbonate)	50 mg	10%
Phosphorus (as phosphoric acid)	50 mg	10%
Magnesium (as magnesium citrate)	50 mg	10%
Sodium (as sodium phosphate)	100 mg	20%
Protein (as whey protein isolate)	50 mg	10%
Choline (as choline bitartrate)	50 mg	10%
Formulation:		
Vitamin C (ascorbic acid) (Vitamin C)	100 mg	100%
Medium Chain Triglycerides (MCT)	30 mg MCT	60%
Vitamin B6 (pyridoxine HCl)	50 mg	100%
Vitamin B12 (cyanocobalamin)	100 mcg	2,000%
Calcium (as calcium carbonate)	50 mg	10%
Phosphorus (as phosphoric acid)	50 mg	10%
Magnesium (as magnesium citrate)	50 mg	10%
Sodium (as sodium phosphate)	100 mg	20%
Protein (as whey protein isolate)	50 mg	10%
Choline (as choline bitartrate)	50 mg	10%
Formulation:		
Vitamin C (ascorbic acid) (Vitamin C)	100 mg	100%
Medium Chain Triglycerides (MCT)	30 mg MCT	60%
Vitamin B6 (pyridoxine HCl)	50 mg	100%
Vitamin B12 (cyanocobalamin)	100 mcg	2,000%
Calcium (as calcium carbonate)	50 mg	10%
Phosphorus (as phosphoric acid)	50 mg	10%
Magnesium (as magnesium citrate)	50 mg	10%
Sodium (as sodium phosphate)	100 mg	20%
Protein (as whey protein isolate)	50 mg	10%
Choline (as choline bitartrate)	50 mg	10%
Formulation:		
Vitamin C (ascorbic acid) (Vitamin C)	100 mg	100%
Medium Chain Triglycerides (MCT)	30 mg MCT	60%
Vitamin B6 (pyridoxine HCl)	50 mg	100%
Vitamin B12 (cyanocobalamin)	100 mcg	2,000%
Calcium (as calcium carbonate)	50 mg	10%
Phosphorus (as phosphoric acid)	50 mg	10%
Magnesium (as magnesium citrate)	50 mg	10%
Sodium (as sodium phosphate)	100 mg	20%
Protein (as whey protein isolate)	50 mg	10%
Choline (as choline bitartrate)	50 mg	10%
Formulation:		
Vitamin C (ascorbic acid) (Vitamin C)	100 mg	100%
Medium Chain Triglycerides (MCT)	30 mg MCT	60%
Vitamin B6 (pyridoxine HCl)	50 mg	100%
Vitamin B12 (cyanocobalamin)	100 mcg	2,000%
Calcium (as calcium carbonate)	50 mg	10%
Phosphorus (as phosphoric acid)	50 mg	10%
Magnesium (as magnesium citrate)	50 mg	10%
Sodium (as sodium phosphate)	100 mg	20%
Protein (as whey protein isolate)	50 mg	10%
Choline (as choline bitartrate)	50 mg	10%
Formulation:		
Vitamin C (ascorbic acid) (Vitamin C)	100 mg	100%
Medium Chain Triglycerides (MCT)	30 mg MCT	60%
Vitamin B6 (pyridoxine HCl)	50 mg	100%
Vitamin B12 (cyanocobalamin)	100 mcg	2,000%
Calcium (as calcium carbonate)	50 mg	10%
Phosphorus (as phosphoric acid)	50 mg	10%
Magnesium (as magnesium citrate)	50 mg	10%
Sodium (as sodium phosphate)	100 mg	20%
Protein (as whey protein isolate)	50 mg	10%
Choline (as choline bitartrate)	50 mg	10%
Formulation:		
Vitamin C (ascorbic acid) (Vitamin C)	100 mg	100%
Medium Chain Triglycerides (MCT)	30 mg MCT	60%
Vitamin B6 (pyridoxine HCl)	50 mg	100%
Vitamin B12 (cyanocobalamin)	100 mcg	2,000%
Calcium (as calcium carbonate)	50 mg	10%
Phosphorus (as phosphoric acid)	50 mg	10%
Magnesium (as magnesium citrate)	50 mg	10%
Sodium (as sodium phosphate)	100 mg	20%
Protein (as whey protein isolate)	50 mg	10%
Choline (as choline bitartrate)	50 mg	10%
Formulation:		
Vitamin C (ascorbic acid) (Vitamin C)	100 mg	100%
Medium Chain Triglycerides (MCT)	30 mg MCT	60%
Vitamin B6 (pyridoxine HCl)	50 mg	100%
Vitamin B12 (cyanocobalamin)	100 mcg	2,000%
Calcium (as calcium carbonate)	50 mg	10%
Phosphorus (as phosphoric acid)	50 mg	10%
Magnesium (as magnesium citrate)	50 mg	10%
Sodium (as sodium phosphate)	100 mg	20%
Protein (as whey protein isolate)	50 mg	10%
Choline (as choline bitartrate)	50 mg	10%
Formulation:		
Vitamin C (ascorbic acid) (Vitamin C)	100 mg	100%
Medium Chain Triglycerides (MCT)	30 mg MCT	60%
Vitamin B6 (pyridoxine HCl)	50 mg	100%
Vitamin B12 (cyanocobalamin)	100 mcg	2,000%
Calcium (as calcium carbonate)	50 mg	10%
Phosphorus (as phosphoric acid)	50 mg	10%
Magnesium (as magnesium citrate)	50 mg	10%
Sodium (as sodium phosphate)	100 mg	20%
Protein (as whey protein isolate)	50 mg	10%
Choline (as choline bitartrate)	50 mg	10%
Formulation:		
Vitamin C (ascorbic acid) (Vitamin C)	100 mg	100%
Medium Chain Triglycerides (MCT)	30 mg MCT	60%
Vitamin B6 (pyridoxine HCl)	50 mg	100%
Vitamin B12 (cyanocobalamin)	100 mcg	2,000%
Calcium (as calcium carbonate)	50 mg	10%
Phosphorus (as phosphoric acid)	50 mg	10%
Magnesium (as magnesium citrate)	50 mg	10%
Sodium (as sodium phosphate)	100 mg	20%
Protein (as whey protein isolate)	50 mg	10%
Choline (as choline bitartrate)	50 mg	10%
Formulation:		
Vitamin C (ascorbic acid) (Vitamin C)	1	