



P L A T I N U M

PRE-

PRE-WORKOUT
ENERGY & FOCUS*30
SERVINGSDIETARY SUPPLEMENT
NET WT. 8.45 OZ (240 G)TWISTED APPLE
Naturally & Artificially Flavored

PER SCOOP

2G
L-CITRULLINE1.6G
BETA-ALANINE200MG
CAFFEINE

Supplement Facts

Serving Size 1 Scoop	1 Scoop (8 g)	2 Scoops (16 g)
Servings Per Container	30	15
Amount Per Serving	% Daily Value	% Daily Value
Calories	5	10
Total Carbohydrate	1 g <1%*	2 g 1%*
Protein	<1 g 1%*	1 g 2%*
Vitamin C (as ascorbic acid, acerola extract)	100 mg 167%	200 mg 333%
Sodium (as sodium chloride)	60 mg 3%	120 mg 5%
Potassium (as potassium chloride)	70 mg 2%	140 mg 4%
L-Citrulline	2 g †	4 g †
(as Micronized L-Citrulline, PepForm® Citrulline Peptides [L-Citrulline, Hydrolyzed Whey Protein Isolate])		
CarnoSyn® Beta-Alanine	1.6 g †	3.2 g †
DMAE Bitartrate	250 mg †	500 mg †
PhytoBlend	250 mg †	500 mg †
Beet Juice Powder, Grape Seed Extract (<i>Vitis vinifera</i>)(seeds), MegaNatural® Red Wine Grape Extract (<i>Vitis vinifera</i>)(fruit), Citrus Bioflavonoids		
Caffeine	200 mg †	400 mg †
Capsimax™ Capsicum Extract 125 mg †	250 mg †	
(<i>Capsicum annuum</i>)(fruit)(standardized for capsaicinoids)		

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

† Daily Value not established.

OTHER INGREDIENTS: Natural and Artificial Flavors, Malic Acid, Citric Acid, Silicon Dioxide, Calcium Silicate, Lecithin, Sucralose, Tartaric Acid, Acesulfame Potassium.

ALLERGEN INFORMATION: CONTAINS MILK AND SOY (LECITHIN) INGREDIENTS.

MANUFACTURED BY
OPTIMUM NUTRITION

975 Meridian Lake Dr. Aurora, IL 60504

P L A T I N U M

PRE-

PRE-WORKOUT ENERGY & FOCUS*

DIRECTIONS: Mix each scoop with 6-10 oz of water and consume 30 minutes before training. Start with 1 scoop or less to assess your tolerance.

DO NOT EXCEED MORE THAN 2 SCOOPS PER DAY.

KEEP OUT OF REACH OF CHILDREN.

DO NOT COMBINE WITH ALCOHOL. CONSUME AS PART OF A HEALTHY DIET, AND DRINK AT LEAST 100 OZ OF WATER PER DAY. EXERCISE MAY INCREASE YOUR NEED FOR FLUID INTAKE.

STORE IN A COOL, DRY PLACE.

CONTENTS SOLD BY WEIGHT NOT VOLUME.

*FROM VITAMIN C



Natural Alternatives International (NAI) is the owner of patents 5,965,596, 6,172,098, 6,426,361, 6,680,294 and registered trademark CarnoSyn®.



PepForm® is a trademark of Glanbia plc.



Capsimax™ trademark belongs to OmniActive Health Technologies.



MegaNatural® Red Wine Grape Extract is a trademark of Constellation Wines U.S. Inc.

CONTAINS 200 MG OF CAFFEINE PER SCOOP

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 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.

TRUE STRENGTH®
WWW.OPTIMUMNUTRITION.COMMANUFACTURED IN THE USA
The product contains ingredients of international and domestic origin

1 (800) 705-5226 TRUESTRENGTH.COM

2 SCOOPS PROVIDE:

- 4 Grams of L-Citrulline: an Amino Acid Precursor to N.O.*
- 3.2 Grams of Beta-Alanine to Support Training Endurance*
- Energy and Metabolic Support*
- High Antioxidant Value*
- Training Performance Support*

PRE DIAL-UP

SCOOP #	1	2
ENERGY LEVEL	INTENSE	EXTREME
CAFFEINE	200 MG	400 MG
L-CITRULLINE	2 G	4 G
BETA-ALANINE	1.6 G	3.2 G

* 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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FPO UPC

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