

SUGGESTED USE:

As a dietary supplement, mix 1 scoop daily with 6-10 oz of water or as directed by your healthcare professional.

Beta-Alanine may produce a slight flushing and/or prickly sensation which is harmless and will subside within hours of use.

- **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.

‡Used as a flavor enhancer

† 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.

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

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403794
NTC 1.22



nutricost®
PERFORMANCE

INTRA

INTRA-WORKOUT COMPLEX

22G | **30** | **645G**
PER SERVING | SERVINGS | PER CONTAINER

BLUE RASPBERRY

NATURALLY FLAVORED WITH OTHER NATURAL FLAVORS
NET WT. 22.8 OZ (1.4 LB) (645 G)
DIETARY SUPPLEMENT



Supplement Facts

Serving Size: 1 Scoop (22g)
Servings Per Container: 30

Amount Per Serving	% DV*
Calories	5
Total Carbohydrate	1g <1%
Calcium	130mg 10%
Phosphorus	280mg 20%
Magnesium	100mg 25%
Chloride	335mg 15%
Sodium	240mg 10%
Potassium	270mg 6%
BCAA 2:1:1	5,000mg **
L-Citrulline	3,500mg **
Betaine Anhydrous	2,000mg **
Taurine	2,000mg **
Beta-Alanine	1,200mg **
L-Glutamine	1,000mg **
N-Acetyl L-Tyrosine	750mg **
Natural Caffeine	100mg **
Huperzine A	250mcg **

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

** Daily Value not established.

Other ingredients: Malic acid‡, citric acid, natural flavors, silicon dioxide, sucralose, blue spirulina (for color).