

**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 1 SCOOP 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.

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**nutricost**  
PERFORMANCE

# PRE

## PRE-WORKOUT COMPLEX

**15g** | **60** | **927g**  
PER SERVING | SERVINGS | PER CONTAINER

**GRAPE**

NATURALLY FLAVORED WITH OTHER NATURAL FLAVORS  
NET WT. 32.7 OZ (2 LB) (927 G)  
DIETARY SUPPLEMENT



## Supplement Facts

Serving Size: 1 Scoop (15g)  
Servings Per Container: 60

Amount Per Serving	% DV*	Amount Per Serving	% DV*
Calories	5	Taurine	2,000mg **
Total Carbohydrate	1g <1%	Agmatine Sulfate	500mg **
Thiamin (Vitamin B1) (as thiamine mononitrate)	50mg 4,170%	L-Tyrosine	500mg **
Niacin	25mg NE 160%	L-Theanine	300mg **
Vitamin B6 (as pyridoxine HCl)	60mg 3,530%	Caffeine Anhydrous	300mg **
Vitamin B12 (as methylcobalamin)	200mcg 8,330%	Theobromine	200mg **
L-Citrulline Malate 2:1	6,000mg **	Huperzine A	200mcg **
Beta-Alanine	3,000mg **		

\*Percent Daily Values (DV) are based on a 2,000 calorie diet.  
\*\*Daily Value not established.

Other ingredients: Natural flavors, tartaric acid†, calcium silicate, silica, citric acid, sucralose, fruit juice (for color).

† 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.**

