

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 2 SCOOPS 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.

nutricost
WOMEN

PRE

**Pre-Workout Complex
with B-Vitamins & Folate**

11g | **60** | **660g**
PER SERVING | SERVINGS | PER CONTAINER

FRUIT PUNCH

NATURALLY FLAVORED WITH OTHER NATURAL FLAVORS

NET WT. 23.3 OZ (1.5 LB) (660 G)
DIETARY SUPPLEMENT



Supplement Facts

Serving Size: 1 Scoop (11g)

Servings Per Container: 60

Amount Per Serving	% Daily Value*	Amount Per Serving	% Daily Value*
Total Carbohydrate	<1g 0%	Betaine Anhydrous	1,200mg **
Thiamin (Vitamin B1) (as thiamine mononitrate)	15mg 1,250%	Arginine AKG 2:1	750mg **
Niacin	20mg NE 50%	Agmatine Sulfate	500mg **
Vitamin B6 (as pyridoxine HCl)	20mg 1,180%	N-Acetyl L-Tyrosine	300mg **
Folate (200mcg folic acid)	340mcg DFE 90%	L-Theanine	200mg **
Vitamin B12 (as methylcobalamin)	125mcg 5,210%	Caffeine Anhydrous	200mg **
L-Citrulline Malate 2:1	4,000mg **	Theobromine	100mg **
Beta-Alanine	2,000mg **	Huperzine A	50mcg **

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

** Daily Value not established.

Other Ingredients: Natural flavors, sucralose, beet root powder (for color), calcium silicate, silicon dioxide, malic acid (flavor enhancer), citric acid.

† 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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