

**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<sup>†</sup>**
- **NON-GMO<sup>†</sup>**
- **GLUTEN-FREE<sup>†</sup>**

**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**

**12G** | **60** | **720G**  
PER SERVING | SERVINGS | PER CONTAINER

**GRAPE**

NATURALLY FLAVORED WITH OTHER NATURAL FLAVORS  
 NET WT. 25.4 OZ (1.6 LB) (720 G)  
 DIETARY SUPPLEMENT



## Supplement Facts

Serving Size: 1 Scoop (12g)  
 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)<br>(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<br>(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, tartaric acid (flavor enhancer), calcium silicate, silicon dioxide, sucralose, fruit juice (for color).

<sup>†</sup> 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.

Distributed by Nutricost®  
 351 E 1750 N Vineyard, UT 84059  
 (866) 438-3694 | support@nutricost.com

[www.nutricost.com](http://www.nutricost.com)

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