

DIRECTIONS: As a dietary supplement, add one scoop (10 g) to 8 fl oz of water, juice or sports drink and mix or shake until smooth. Mixes instantly without the use of a blender. For best results, take on an empty stomach about 15 to 30 minutes prior to workout.

BLUEBONNET'S PRE WORKOUT POWDER

Is designed to be a comprehensive muscle recharging formula that helps to generate high energy, sharpen mental focus, and increase nitric oxide (NO) levels for greater blood flow and intense muscle pumps. Use it once, and you will never train without it again! ♦

MAY SUPPORT



ENERGY
PRODUCTION ♦



BLOOD
FLOW ♦



MUSCLE
RECHARGE ♦



MENTAL
FOCUS ♦

Free of milk, egg, fish, crustacean shellfish, tree nuts, peanuts, wheat, soybeans and sesame. Also free of barley and rice.

Minerals are shown in their elemental value.

Caution: Strictly designed for use by healthy adults – 18 years of age or older. This product contains 125 mg of caffeine per serving (equivalent to 1 ¼ cups of coffee), which in excess may cause nervousness, irritability, sleeplessness and occasionally, a rapid heartbeat. Discontinue use and consult a healthcare practitioner if you experience any unusual symptoms. Do not use this product if you are sensitive to caffeine, pregnant, trying to conceive, breastfeeding, have any medical conditions or are taking any prescription medications. Keep out of reach of children.

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Natural Alternatives International (NAI) is the owner of patents as listed on www.carnosyn.com and registered trademark CarnoSyn®.



♦ 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.



WARNING: Consuming this product can expose you to lead which is known to the State of California to cause cancer or birth defects or other reproductive harm. For more information go to www.P65Warnings.ca.gov/food.



Bluebonnet

PRE WORKOUT

NITRIC OXIDE BOOSTER & CAFFEINE ♦

SUPPORT

- ENERGY PRODUCTION ♦
- BLOOD FLOW ♦
- MUSCLE RECHARGE ♦
- MENTAL FOCUS ♦



EASY-TO-MIX POWDER

DIETARY SUPPLEMENT NET WT. 1.32 lbs (600 g)

Supplement Facts

Serving Size 1 Scoop (10 g)
Servings Per Container 60

Amount Per Serving	% Daily Value
Calories	15
Total Carbohydrate	4 g 1%**
Total Sugars	2 g *
Includes 2 g added sugars	4%**
Vitamin C (as L-ascorbic acid)	30 mg 33%
Potassium (as potassium citrate)	75 mg 2%
Energy Blend♦	1,325 mg *
(beta-alanine, caffeine anhydrous, L-taurine, L-tyrosine, green tea leaf extract, cocoa bean extract)	
Muscle Pump Blend♦	2,000 mg *
(creatine monohydrate, L-leucine, L-isoleucine, L-Valine, creatine malate, disodium phosphate)	
Nitric Oxide Blend♦	1,120 mg *
(L-arginine, L-arginine alpha ketoglutarate, L-citrulline malate, L-lysine HCl)	

**Percent Daily Value based on a 2,000 calorie diet.
*Daily Values not established.

Other ingredients: Sugar, citric acid, natural flavors, erythritol, silicon dioxide, maltodextrin, rebaudioside A (stevia extract), calcium citrate, sodium citrate, magnesium citrate.

Manufactured by
Bluebonnet Nutrition Corp.
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Sugar Land, Texas 77478 USA
bluebonnetnutrition.com



STAY CONNECTED

KEEP TIGHTLY CLOSED. STORE IN A COOL, DRY PLACE AWAY FROM HEAT, LIGHT AND MOISTURE.

NOTE: THIS PRODUCT IS SOLD BY WEIGHT, NOT VOLUME. THIS PRODUCT REQUIRES AERATION AT THE TIME OF FILLING. SETTLING OF CONTENTS MAY OCCUR. NET WEIGHT AND SERVINGS ARE CLEARLY MARKED.