

Our Pre-Workout is formulated to take your workout to the next level. We hand selected the safest and most scientifically backed ingredients to help improve strength, power, endurance, and blood-flow in a jitter free, low caffeine formula.*

LIVE FOR IT.[™]
Duke + Todd

- ✓ GMO FREE
- ✓ VEGAN
- ✓ NO ADDED SUGAR
- ✓ GLUTEN FREE
- ✓ NATURAL
- ✓ NO ARTIFICIAL ANYTHING

BREAKING DOWN THE LABEL

CREATINE MONOHYDRATE:
Increases muscle strength and size, enhances recovery, improves sprint performance & enhances brain function.

CITRULLINE MALATE:
Increases blood flow to supply muscles with nutrients and oxygen, and flushes out lactic acid.

RECOMMENDED USE: Mix one scoop with 8-15oz of cold water. Shake well and continue to shake while consuming, as the creatine may settle at the bottom.

ALLERGEN WARNING: Made in a facility that also processes dairy, egg, soy, tree nuts, peanuts, fish/crustaceans/shellfish oils and wheat products. Contains none of these allergens. If you are pregnant, breastfeeding, or taking medication, consult your physician before using this product. Store in a cool dry place.

WARNING FOR CALIFORNIA RESIDENTS: Consuming this product can expose you to chemicals including lead, which is known to the State of California to cause cancer and birth defects or other reproductive harm. For more information go to: www.P65Warnings.ca.gov

*These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.



PRE-WORKOUT

ENERGY + STRENGTH + PERFORMANCE

ENDURANCE + POWER + BLOOD FLOW

100mg NATURAL CAFFEINE

DIETARY SUPPLEMENT Net Wt. 450g (30 servings)

WEST COAST CITRUS

SUPPLEMENT FACTS

Serving Size: 1 Scoop (15g)
Servings Per Container: 30

Amount per serving	% Daily Value*
Calories 0	
Creatine Monohydrate 5g	**
L-Citrulline Malate 2.13g	**
Betaine Anhydrous 2.5g	**
Beta Alanine 1.6g	**
Natural Caffeine (from coffee beans) 100mg	**

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

OTHER INGREDIENTS: Natural Flavors, Stevia Leaf Extract, Citric Acid, Silicic Acid, Beet Root Powder (for color), Malic Acid

NO ARTIFICIAL COLORS OR SWEETENERS



Made in Canada

Manufactured for and
Distributed by Propello Life[™]
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We want you to be completely satisfied with your Propello Life products. If for any reason you are not, please let us know. Or, if you want to just say hi, we like that too.

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