

AMPLIFY EVERY PHASE OF TRAINING
Fuel your training in ways you never thought possible with Tri-Phase Technology, a uniquely designed blend to target the body's energy systems throughout your workout.*

POWER MENTAL STIMULATION Get in the zone with a combination of fast-acting Caffeine Anhydrous and Sustained-Release Caffeine from Xtenergy™ P2 Coffee Bean Extract, plus Dynamine™ Methylxanthine, a compound structurally similar to Caffeine.*

FUEL MUSCLE ENERGISTICS Power muscles while you train with PeakATP® Adenosine 5'-Triphosphate Disodium, increase a critical muscle fatigue-controlling factor with CarnoSyn® Beta-Alanine and support cellular energy with CON-CRET® Creatine HCl.*

UNLOCK ENDURING PERFORMANCE Push yourself to new limits with FitNox®, a clinically studied blend of three herbal extracts that supports markers of endurance, plus Nitrosigine®, a unique, patented source of Arginine.*



*Product was tested & monitored for 285+ banned substances on the 2023 World Anti-Doping Agency (WADA) Prohibited list via LGC skip lot testing protocol #ICP0307.



Sugar Free, Gluten Free.
KEEP OUT OF REACH OF CHILDREN.
Store in a cool, dry place.
For More Information:
1-888-462-2548, GNC.com

* 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.



ADVANCED MUSCLE PERFORMANCE

TRI-PHASE

MULTI-ACTION PRE-WORKOUT

Proven to Enhance Muscle Performance & Endurance*

200MG
CAFFEINE

3.2G
CarnoSyn®

400MG
PeakATP®

250MG
FitNox®

MENTAL
STIMULATION*

MUSCLE
ENERGETICS*

ENDURING
PERFORMANCE*



LEMONADE

NATURALLY & ARTIFICIALLY FLAVORED

30 SERVINGS

NET WT. 12.9 OZ. (366 G)

DIETARY SUPPLEMENT

*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.

CODE 759063

DIRECTIONS: As a dietary supplement, consume once per day approximately 30 minutes before a workout. For optimal flavor, mix one scoop in 8-10 fl. oz. of cold water and shake vigorously. Do not consume less than 3 hours before attempting sleep. Start by taking half a scoop and work up to a full scoop once you've assessed your tolerance. Consume ample amounts of water while taking this product.

Supplement Facts

Serving Size One Scoop (12.2 g)/Servings Per Container 30

Amount Per Serving	% Daily Value
Calories.....	10
Total Carbohydrate.....	2 g..... <1%†
Total Sugars.....	0 g..... *
Includes 0 g Added Sugars.....	0%†
Sodium.....	40 mg..... 2%
Potassium.....	100 mg..... 2%
Beta-Alanine.....	3.2 g..... *
CON-CRET® Creatine HCl.....	2 g..... *
Nitrosigine®.....	1.5 g..... *
Arginine Silicate Inositol Complex	

Amount Per Serving % Daily Value

L-Taurine.....	1 g..... *
Adenosine 5'-Triphosphate Disodium.....	400 mg..... *
FitNox®.....	250 mg..... *
(Horseradish Tree [Moringa oleifera] Leaf Extract, Pomegranate [Punica granatum] Peel Extract, Black Ginger [Kaempferia parviflora] Rhizome Extract)	
Caffeine Anhydrous.....	150 mg..... *
Coffee (Coffea canephora var. robusta) Bean Extract.....	83 mg..... *
(Standardized to 60% Caffeine = 50 mg)	
Methylxanthine.....	75 mg..... *

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

OTHER INGREDIENTS: Citric Acid, Malic Acid, Silica, Lemonade Flavor (Corn Maltodextrin, Rice Starch, Natural & Artificial Flavors, Corn Modified Food Starch) and Less than 2%: Acesulfame Potassium, Ethyl Acrylate-Methacrylic Acid Copolymer, Fully Hydrogenated Soybean Oil, Hypromellose, Mineral Oil, Potassium Silicate, Shellac, Sucralose, Sunflower Lecithin. This product is manufactured in a facility which may also process milk, soy, wheat, egg, peanuts, tree nuts, fish and shellfish.
Distributed by: GNC Holdings, LLC, Pittsburgh, PA 15222 USA
Contains a bioengineered food ingredient.

▲ **WARNING:** Cancer and Reproductive Harm - www.P65Warnings.ca.gov. Consult your physician prior to using this product if you are pregnant, nursing, taking medication, under 18 years of age or have a medical condition. Discontinue use two weeks prior to surgery. For adult use only. Taking this product may cause tingling and flushing sensations. These sensations may be enhanced if taken close to or during exercise. Beta-Alanine as CarnoSyn®. Natural Alternatives International (NAI) is the owner of the patent estate and registered trademark CarnoSyn®. Methylxanthine as Dynamine™. Compound Solutions owns the trademark and patents pending (serial No. 61/903,362), with exclusive global distribution. FitNox® is a registered trademark of Aurea Biolabs Pvt. Ltd. Arginine Silicate Inositol Complex as Nitrosigine®. Nitrosigine® and its logo are registered trademarks of Nutrition 21 LLC. Nitrosigine® is patent protected. Adenosine 5'-Triphosphate Disodium as Peak ATP®, a registered trademark of TSI USA LLC used under license. Coffea robusta seed extract as Xtenergy™ P2, a trademark of OmniActive Health Technologies LTD.

CON-CRET REINFORCED®

is a registered trademark of Vireo Systems, Inc. Pat: www.vireosystems.com/patents

FILL LINE