

SUGGESTED USE

FOR INTENSE TRAINING/INTRA USE: Mix 1 scoop of Core Fuel with 6-8 oz. of cold water and sip thru the 2nd half of workout; finish immediately following workout.

FOR RECOVERY/POST USE: Mix 1 scoop of Core Fuel with 6-8 oz. of cold water and consume immediately following workout. To be used as part of a physical conditioning program.

WARNING

KEEP OUT OF REACH OF CHILDREN! Not for use by those under the age of 18. Do not use if pregnant or lactating. If you are under the care of a physician, seek medical advice before consuming this product. Do not use if you are prone to dehydration or exposed to excessive heat. Recommended that users consume a minimum of 100oz of water daily. Do not use if you suffer from or have a history of kidney disease. Do not use if you suffer from the rare genetic disorder, Hyper Beta-Alaninemia. This product contains Beta-alanine which may cause a tingling skin sensation in some individuals. Discontinue use and consult your physician if any adverse effects occur. Do not use if tamper resistant seal is broken.

STORE IN A COOL, DRY PLACE. AVOID EXCESSIVE HEAT. SETTLING MAY OCCUR.



Manufactured exclusively for NDS Nutrition Products, Inc.
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1-015075

INTRA-POST WORKOUT RECOVERY*

Powered by **BIOENERGY**
RIBOSE

KRE-ALKALYN
PH-CORRECT CREATINE™



Tru|GROW
Anabolic Growth Matrix

CarnoSyn
Carnosine Synthesizer

PLATINUM CORE FUEL™

CREATINE

Ultimate ATP Synthesizer for
Maximum Muscle Energy.*

BETA ALANINE

Support to Extinguish the
"Burn" Caused by Lactic Acid.*

GLUTAMINE

Support to Facilitate Lean
Muscle Tissue and Growth.*

BCAA'S

Support to Enhance Total
Body and Muscle Recovery.*

PMD® PLATINUM

NET WT. **1.67 LBS. (760 G)**

OPTIMIZE YOUR WORKOUT RESULTS!
DIETARY SUPPLEMENT

MELON BERRY PUNCH
Natural & Artificial Flavor

Supplement Facts

Serving Size 1 scoop (38 g)
Servings Per Container 20

	Amount Per Serving	%DV**
Calories	70	
Calories from fat	0	
Total Fat	0 g	
Saturated Fat	0 g	
Trans Fat	0 g	
Cholesterol	0 mg	
Total Carbohydrate	18 g	6%
Sugars (as Sugar Cane)	2 g	2%
Chromium (as Chromium Polynicotinate)	4.5 mcg	4%

	Amount Per Serving	%DV**
CORE FUEL Proprietary Blend	35,700 mg (35.7 g)	†
Intra-PUMP Complex™	2,035 mg	†
Arginine, Taurine, Arginine AKG 2:1, Citrulline Malate, Norvaline, Ribose		
Tru GROW™ Anabolic Growth Matrix	14,500 mg	†
G-GROWTH Blend™	5,000 mg	†
Glutamine, N-Acetyl Glutamine, Glutamine AKG		
Amino-GROW Blend™	6,000 mg	†
Isoleucine, Leucine, Valine, Isoleucine AKG, Leucine AKG		
Beta-FIX Agent	2,500 mg	†
Carnosyn® Beta Alanine		
ATP Inject Agent:	1,000 mg	†
Kre-Alkalyn® Creatine		
Insul-JECT™ Delivery System	19,015 mg	†
Maltodextrin, Waxy Maize, Sugar Cane, Glycerol (75% Load), Cinnamon Bark, ChromeMate® (Chromium Polynicotinate)		
Muscle Cell Rejuvenation Blend™	150 mg	†
Alpha Lipoic Acid, Grape Seed Extract, Pycnogenol, Co-Q 10		

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

Other Ingredients: Citric Acid, Natural & Artificial Flavors, Sucralose, FD&C Red 40

Manufactured on equipment which processes products containing milk, eggs, soybeans, wheat, shell fish, fish oil, tree nut and peanut flavor.

CarnoSyn® is a registered trademark of Natural Alternative's International (NAI), and covered by U.S. Patents 5,965,596, 6,172,098 and 6,426,361.

Kre-Alkalyn® (Buffered Creatine Patent #6,399,661) Kre-Alkalyn® is a registered trademark of Bioceutical Research & Development Laboratory (BR&D). Kre-Alkalyn® is a patent product (Patent #6,399,661) - registered to Bioceutical Research & Development Laboratory (BR&D). pH controlled Delivery system® is a registered trademark of Bioceutical Research & Development Laboratory (BR&D).

ChromeMate® is a registered trademark of InterHealth Nutraceuticals.

Pycnogenol® is a registered trademark of Horphag Research Ltd, and covered by U.S. Patents 5,720,958 & 6,372,266.

*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.



FACILITATE LEAN MUSCLE TISSUE GROWTH AND ENHANCE RECOVERY!*

Tru|GROW™ Anabolic Growth Matrix:

Tru|GROW is the truth in labeling composite of 4 different components, each featuring the precise ratio of key compounds or a key ingredient necessary to facilitate lean muscle tissue growth and enhance total body recovery.* The Tru|GROW Matrix includes:

G-GROWTH Blend:

This critical blend feeds the skeletal muscle tissue with 3 premium forms of Glutamine, aiding in recovery, muscle preservation, and immune support.*

Amino-GROW Blend:

Packed with anabolic amino acids, the Amino-GROW blend aids in maximizing muscle tissue growth post workout. Amino acids are essential building blocks for maximizing muscle recovery.*

Beta-FIX Agent:

No concealment here, just a sufficient amount of fatigue-fighting Carnosyn® beta alanine. Carnosyn beta alanine builds internal Carnosine stores, which serves as a buffer to lactic acid build up in the muscle, so you can train longer and harder by delaying the onset of fatigue.*

ATP Inject Agent:

Kre-Alkalyn® creatine delivers faster than any other form of creatine available, allowing for a quicker conversion of ADP to ATP giving you more cellular energy during your workout. This process also aids in muscle recovery in preparation for your next workout.*