

Suggested Use: As a dietary supplement, take 1 to 3 servings (5-15g) of ReFUEL RSQ with 4-8 oz. of water or your favorite beverage during or immediately after your workout. On non workout days take 1 serving (5g) of ReFUEL RSQ with 4-8 oz. of water or your favorite beverage before bed on an empty stomach.

Warnings: This product is only intended to be consumed by healthy adults 18 years of age or older. Do not use this product if you are pregnant or nursing. Before using this product consult with your physician if you are using any prescription or over-the-counter medication or supplements. Do not take this product if you are at risk or are being treated for any pre-existing medical condition including but not limited to: high or low blood pressure, cardiac arrhythmia, stroke, heart, liver, kidney or thyroid disease, seizure disorder, psychiatric disease, diabetes, difficulty urinating due to prostate enlargement or if you are taking an MAO inhibitor. Discontinue use and consult your health care professional if you experience any adverse reaction to this product. Keep out of reach of children.

Allergen Warning: Manufactured on equipment which processes products containing milk, egg, soy beans, fish oil, tree nuts and peanut flavor.

† 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.



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Performance Series

ReFUEL-RSQ™ 5.0

(Amino-Electrolyte-Recovery Complex)

Concentrated stimulant free (intra / post) workout formula
Features Cissus Quadrangularis and Phosphatidylserine
Electrolyte complex - No carbs / No sugars

WATERMELON

5000 mg

DIETARY SUPPLEMENT

325 Grams

Supplement Facts

Serving Size: 1 rounded scoop (5g)
Servings Per Container: 65

Amount Per Serving %DV

ReFUEL-RSQ 5.0 Proprietary Blend: 5000 mg
BCAA 2:1:1 (l-Lucine, l-Isolucine, l-Valine),
L- Glutamine, 2-Amino-5-(carbamoylamino)
pentanoic acid, Cissus Quadrangularis,
Phosphatidylserine, Creatine HCl, Cinnamon Bark

ReFUEL-RSQ 5.0 Electrolyte Blend:
Potassium Citrate, Sodium Bicarbonate

**Daily Value (DV) not established.

Other Ingredients: Citric Acid, Natural and Artificial
Flavor, Red Beet Powder, Sucralose, Acesulfame Potassium



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