

# wave

PRE-WORKOUT

# wave

## what makes wave better?

a transparent and comprehensive formula that delivers some of the most proven ingredients in sports science, without the excessive stimulants, no proprietary blends, and clinically dosed for maximum impact. learn more at [wavesupplement.co](http://wavesupplement.co).



MADE IN THE USA



NO PROPRIETARY BLENDS



CLINICALLY DOSED

### directions

mix one scoop with 10-12oz of cold water, or adjust to your taste preference. consume 20 to 30 minutes before your workout or training. if it is your first time taking wave, consider testing your tolerance with a half-scoop.

best results come with consistent use.



Wave Supplements, LLC  
2500 Route 108  
Somerset, NJ 08876

Customer Comments?  
1-800-844-0000 or [info@wavesupplement.co](mailto:info@wavesupplement.co)

## Supplement Facts

Serving Size: 1 Scoop (21.9g)

Servings Per Container: 20

Amount Per Serving		% Daily Value
Total Carbohydrates	<1g	0%
Calcium	60mg	5%
L-Citrulline	8g	**
Creatine Monohydrate	5g	**
Beta-Alanine	4g	**
Acetyl L Carnitine HCL	2g	**
KSM-66B Ashwagandha	600mg	**
L-Theanine	300mg	**
Caffeine Anhydrous	150mg	**

\* Percent daily values are based on a 2,000 calorie diet.  
\*\* Daily value not established.

Other Ingredients: Natural Flavoring, Citric Acid, Calcium Silicate, Steviol Glycosides, Blue Microfine SE (For Color)

Contains Milk. Produced in a facility that also processes soy, fish, shellfish, milk, peanuts, tree nuts, wheat, eggs, and sesame.

Caffeine: 150mg

\* 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.

Not intended for persons under the age of 18. Do not use if pregnant or nursing. Consult a health care professional prior to consumption if you have any pre-existing conditions or are taking any prescription medicine. Improper use of this product will not improve results and is potentially hazardous to a person's health. Use only as directed.

Not recommended for people who are caffeine sensitive. KEEP OUT OF REACH OF CHILDREN. DO NOT USE IF SAFETY SEAL IS DAMAGED OR MISSING. STORE IN A COOL, DRY PLACE

LOT: P90000284 exp: 03/2026