



INTRA is an advanced intra-workout supplement made to maximize hydration and improve training performance during your workout. Made with proven sports performance ingredients, antioxidant-rich superfoods, and electrolytes INTRA combines essential amino acids, tart cherry extract, pomegranate, spirulina, coconut water, and Panax ginseng for maximum endurance, mental focus, muscle growth, hydration, and recovery. Take your performance to where it's never been before with INTRA.

SUGGESTED USE: Mix 1 serving (1 scoop) of INTRA in 12-16 oz of cold water and consume before, during, or after training. Intra is great to sip on during weight training, high intensity functional training, cardio, long-distance endurance events, or outdoor activities.



INCREASES ENERGY



MAXIMIZES ENDURANCE



OPTIMIZES RECOVERY



REPLENISHES ELECTROLYTES

WARNING: Consult with a physician prior to use if you have any medical conditions. Do not use if pregnant or lactating.

*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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30
SERVINGS

ENERGY \ ENDURANCE \ RECOVERY \ HYDRATION

SWOLVERINE

INTRA

ADVANCED EAA +
INTRA WORKOUT HYDRATION FORMULA

CHERRY FROST
NET WT. 9.85 oz (279g) DIETARY SUPPLEMENT

Supplement Facts

Serving Size: One Scoop (9.3g)

Serving Per Container: 30

	Amount Per Serving	%DV**
Calories	5	
Calories from Saturated Fat	0	
Total Carbohydrate	2g	<1%*
Vitamin B6 (as Pyridoxine HCL)	2.1 mg	121%
Vitamin B12	0.6 mcg	25%
Calcium (as Calcium Citrate)	105 mg	8%
Magnesium (as Magnesium Citrate)	37 g	9%
Sodium (as Pink himalayan Salt)	135 g	6%
Potassium (as Potasium Citrate)	87 g	2%*
ESSENTIAL AMINO ACID MIX	4,300 mg	**
L-Leucine	1500 mg	**
L-Isoleucine	750 mg	**
L-Valine	750 mg	**
L-Taurine	300 mg	**
L-Lysine	250 mg	**
L-Threonine	250 mg	**
L-Phenylalanine	250 mg	**
L-Histidine	100 mg	**
L-Tryptophan	100 mg	**
L-Methionine	50 mg	**
ENDURANCE + HYDRATION MIX	2,500 mg	**
Panax Ginseng Extract (Panax quinquefolius)	800 mg	**
Coccooganic (coconut water) Cocos nucifera	500 mg	**
Pomegranate Fruit Powder	500 mg	**
Pink Himalayan Salt	400 mg	**
Tart Cherry (Prunus cerasus)	200 mg	**
Spirulina Powder (Organic)	100 mg	**

* Percent Daily Value (DV) are based on 2,000 calorie diet.

** %Daily Value (DV) not established.

OTHER INGREDIENTS: Natural Flavor, Calcium Silicate, Citric Acid, Malic Acid, Sucralose.

ALLERGENS:

Contains **Tree Nut (coconut)**

Manufactured for:

Swolverine

4690 Longley Ln., STE 15

Reno, NV 89502

Sourced from a GMP certified facility.

Formulated in USA.

CocOganic®Plus is a registered trademark of Nature's Power Nutraceuticals Corp®.

