

Suggested Use: Mix 1/2 scoop in 6-8oz water 20-30 minutes before your workout. Once tolerance has been assessed, you may use one full serving (1 scoop.) A slight tingling sensation is normal and is due to the beta alanine. Be sure to stay hydrated and have a great workout!

WARNING: Product contains 200mg of caffeine per serving. Do not consume more than one serving over 3-4 hours. Do not exceed more than 2 servings per day. Do not use if sensitive to caffeine. Limit the use of caffeine-containing medications, foods, or beverages while taking this product because too much caffeine may cause nervousness, irritability, sleeplessness, and occasionally, rapid heartbeat. Consult a physician before use if you are pregnant, lactating, have a medical condition (including but not limited to, hypertension or thyroid conditions), or taking any medication. Not recommended for use by children under 18 years of age. **KEEP OUT OF REACH OF CHILDREN.** Store in a cool, dry place.

* 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.



ALANINU.COM



Alani

PRE-WORKOUT

HAWAIIAN SHAVED ICE™

NATURALLY & ARTIFICIALLY FLAVORED



ENERGY*
ENDURANCE*
PUMP*

30
SERVINGS

DIETARY SUPPLEMENT
NET WT. 10.79OZ | 306G

Supplement Facts

Serving Size: 1 Scoop (10.2g)

Servings per Container: 30

	Amount Per Serving	%DV
L-Citrulline Malate 2:1	6 g	**
Beta-Alanine	1.6 g	**
L-Tyrosine	500 mg	**
Caffeine (from <i>Coffea arabica</i> [Bean] Extract)	200 mg	**
L-Theanine	200 mg	**

¹Daily Value (DV) Not Established

Other Ingredients: Sodium Citrate, Silica, Natural & Artificial Flavors, Beet Root Powder, Sucralose, Acesulfame Potassium.

Distributed by:

Alani Nutrition LLC
7201 Intermodal Dr. Ste A.
Louisville, KY 40258

ALLERGEN WARNING: Processed in a facility and/or manufacturing line that also processes products containing milk, eggs, soybeans, wheat, shellfish, fish oil, tree nuts, and peanuts.