

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



30
SERVINGS

DIETARY SUPPLEMENT
NET WT. 10.37OZ | 294G

Alani

PRE-WORKOUT

ISLAND CRUSH

NATURALLY & ARTIFICIALLY FLAVORED



ENERGY
ENDURANCE
PUMP

Supplement Facts

Serving Size: 1 Scoop (9.8g)
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	**

*Percent Daily Values are based on a 2000 calorie diet.
† Daily Value (DV) Not Established

Other Ingredients: Sodium Citrate, Silica, Natural & Artificial Flavors, Sucralose, Acesulfame Potassium, Spirulina Extract.

Distributed by: Alani

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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.