

**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.



30  
SERVINGS

# Alani

## PRE-WORKOUT

### ROCKET POP

NATURALLY FLAVORED



ENERGY  
ENDURANCE  
PUMP

## Supplement Facts

Serving Size: 1 Scoop (9.9g)  
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 Coffea arabica [Bean] Extract)	200 mg	†
L-Theanine	200 mg	†

†Daily Value (DV) Not Established

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

Distributed by:

Alani

Alani Nutrition LLC  
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Louisville, KY 40258

ALANINU.COM



DIETARY SUPPLEMENT  
NET WT. 10.47OZ | 297G

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.