

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



DIETARY SUPPLEMENT

NET WT. 10.05 OZ (285 G)

Supplement Facts

Serving Size: 1 Scoop (9.5 g)
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 Coffee [Bean] Extract)	200 mg	†
L-Theanine	200 mg	†

†Daily Value (DV) Not Established

Other Ingredients: Silica, Natural Flavors, Sucralose, Acesulfame Potassium, Purple Corn Extract.



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ALLERGEN WARNING: Processed in a facility that also processes products containing milk, eggs, soy, wheat, crustacean shellfish, fish oil, tree nuts, peanuts, and sesame.