

**ENGN® SHRED PRE-WORKOUT, WHEN COMBINED WITH REGULAR TRAINING, IS ENGINEERED TO SUPPORT:**

**FOCUS\***

Caffeine contributes to increased alertness and to improved attention in doses of at least 75 mg per serving. Do not exceed daily intake of 300 mg of caffeine.

**ENERGY\*\***

Vitamins B6, B12, and Thiamine contribute to normal energy-yielding metabolism.

**METABOLISM\*\*\***

Chromium contributes to normal macronutrient metabolism and to the maintenance of normal blood glucose levels.

**SUGGESTED USE:**

As a food supplement, take 1 scoop with 236 mL of cold water 15-30 minutes before training. To avoid sleeplessness, do not take within 4 hours of sleep.

**Warning:** Do not exceed the recommended daily dose. Do not consume more than 1 serving per day or within four hours of bedtime. This product should not be used as a substitute for a varied diet or a healthy lifestyle. Consult a physician prior to using this or any supplement or if you have any medical condition. High Caffeine content (250mg). Not recommended for children or pregnant or breast feeding women, do not use if you are caffeine, niacin, or beta-alanine sensitive. **KEEP OUT OF REACH OF CHILDREN, NOT FOR USE BY INDIVIDUALS UNDER THE AGE OF 18.** Excessive caffeine may cause nervousness, sleeplessness, and occasional rapid heart rate. Store in a cool, dry place.

For Best Before Date, please see the bottom of container.

**Capsimax**  
CAPSICUM EXTRACT

Capsimax® is a registered trademark of OmniActive Health Technologies, Ltd.

**MADE IN THE USA**

This product is made in the USA, has been distributed and manufactured by a GMP registered facility and contains ingredients of domestic and international origin.

**EVL.NUTRITION.COM**  
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Manufactured in the US for:  
**EVOLUTION NUTRITION®**  
Evolution Nutrition EU, Cassino Strada  
Westpoint, 4 Redheugh Park, South  
Edinburgh, Lothian Region  
EH12 9DQ, United Kingdom

**ENGN® SHRED**

○ SUPPORTS FOCUS\*  
○ SUPPORTS ENERGY\*\*  
○ SUPPORTS METABOLISM\*\*\*

PRE-WORKOUT ENGINE SHRED®



**ENGN® SHRED**

**PRE-WORKOUT ENGINE SHRED®**

- SUPPORTS FOCUS\*
- SUPPORTS ENERGY\*\*
- SUPPORTS METABOLISM\*\*\*

**BLUE RAZ**

**30 SERVINGS**

NATURALLY AND ARTIFICIALLY FLAVOURED

NET WT 240g (8.5 OZ) BLUE RAZ FLAVOUR READY TO MIX FOOD SUPPLEMENT POWDER WITH SWEETENERS  
Contains caffeine (250mg). Not recommended for children or pregnant women.

**Nutrition Information**

Serving Size 1 scoop (8g)  
Servings Per Container 30

Blue Raz

| Amount Per Serving                                                     | %RI†        |
|------------------------------------------------------------------------|-------------|
| Vitamin B1 (as Thiamine Mononitrate)                                   | 3.5mg 318%  |
| Niacin (as Niacinamide)                                                | 35mg 219%   |
| Vitamin B6 (as Pyridoxine HCl)                                         | 2mg 143%    |
| Folic Acid (as Pteroylmonoglutamic acid)                               | 200µg 100%  |
| Vitamin B12 (as Cyanocobalamin)                                        | 25µg 1,000% |
| Choline                                                                | 205mg ‡     |
| Chromium (as Chromium Picolinate)                                      | 24µg 60%    |
| Beta-Alanine                                                           | 1,600mg ‡   |
| Betaine Anhydrous                                                      | 1,000mg ‡   |
| Choline Bitartrate                                                     | 500mg ‡     |
| L-Tyrosine                                                             | 500mg ‡     |
| Conjugated Linoleic Acid Powder (std. min. 40% CLA)                    | 500mg ‡     |
| L-Carnitine L-Tartrate                                                 | 500mg ‡     |
| Natural Caffeine (from Coffee Bean)                                    | 250mg ‡     |
| Capsimax® Cayenne (Capsicum annuum) Fruit Extract                      | 25mg ‡      |
| Olive Leaf (Olea europaea) Extract (std. min. 40% Oleuropein) (Leaves) | 25mg ‡      |

‡ Reference Intake

† Reference Intake not established

Ingredients: Beta Alanine, Acid Regulator (Citric Acid), Betaine Anhydrous, Natural and Artificial Flavour, CLA Powder (std. min. 40% conjugated linoleic acid), Choline Bitartrate, L-Tyrosine, L-Carnitine L-Tartrate, Silica, Natural Caffeine Anhydrous (from coffee bean), Calcium Silicate, Sucralose, Niacin (as Niacinamide), Olive Leaf (Olea europaea) Extract (std. min. 40% Oleuropein), Capsimax® Cayenne (Capsicum annuum) Fruit Extract, Acesulfame Potassium, Vitamin B1 (as thiamine mononitrate), Dicalcium Phosphate, Vitamin B12 (as Cyanocobalamin), Vitamin B6 (as Pyridoxine HCl), Folic Acid, Colour (Brilliant Blue), Chromium (as Chromium Picolinate)

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