

# INSANE LABZ®

**Directions For Use:** As a dietary supplement for adults, take 1 serving in 8-10 oz. of water once daily, 30 minutes before activity. Never consume more than 1 serving in a 24 hour period. Do not take within 4 hours of bedtime. Read warnings and only use as directed.

**Warning:** DO NOT TAKE LONG BALL™ IN EXCESS OF ITS RECOMMENDED DOSAGE. LONG BALL™ is not intended for use by persons under the age of 18. Do not consume caffeine from other sources, including but not limited to, coffee, tea, soda and other dietary supplements or medications containing phenylephrine or caffeine. Do not use LONG BALL™ for more than 8 weeks. Consult with your physician prior to use if you are pregnant or nursing, or if you are taking medication, including but not limited to, MAOI inhibitors, antidepressants, aspirin, nonsteroidal anti-inflammatory drugs or products containing phenylephrine, ephedrine, pseudoephedrine, or other stimulants. Consult your physician prior to use if you have a psychiatric or epileptic disorders, difficulty urinating, diabetes, high blood pressure, cardiac arrhythmia, recurrent headaches, enlarged prostate or glaucoma. Discontinue 2 weeks prior to surgery or if you experience rapid heartbeat, dizziness, severe headaches or shortness of breath. **THIS PRODUCT CONTAINS CAFFEINE.**

† 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

**ALBATROSS APPLE**  
NATURAL & ARTIFICIAL FLAVORING  
**DIETARY SUPPLEMENT**

**NET WEIGHT**  
9.6 oz/272g

# INSANE LABZ®

POWER ENERGY DISTANCE ENDURANCE SPEED  
**LONG BALL**  
AMPIBERRY® INFUSED LONG DRIVE POWERHOUSE

## Supplement Facts

Serving Size: 1 scoop (9.1g)  
Servings Per Container: 30

|                                                                                                                                                                   | Amount Per Serving | %DV* |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------|------|
| Magnesium (from Magnesium Citrate)                                                                                                                                | 5.8mg              | 1%   |
| Chloride (from Sodium Chloride & Potassium Chloride)                                                                                                              | 250mg              | 7%   |
| Sodium (from Sodium Chloride)                                                                                                                                     | 150mg              | 6%   |
| Potassium (Potassium Chloride)                                                                                                                                    | 100mg              | 3%   |
| LONG BALL™ Blend                                                                                                                                                  | 6.8g               | **   |
| Creatine Monohydrate, Beta Alanine, Betaine Anhydrous, Caffeine Anhydrous, Citicoline Sodium, DiCaffeine Malate, Taurine, †AMPiBerry® (Juniperus Communis)(berry) |                    |      |

\*Daily Value based on a 2000 calorie diet. \*\*Percent Daily Value Not Established

Other Ingredients: Citric Acid, Silica, Natural & Artificial Flavoring, Sucralose, FD&C Blue #1, FD&C Yellow #5

**AMPiBerry®**  
AMPiBerry® is a registered trademark of United Nutrition Inc.

APPROVED BY:

*Mad Chemist*

MANUFACTURED & DISTRIBUTED FOR:  
**INSANE LABZ®**  
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