

NO FAKE STUFF. FREE FROM ARTIFICIAL FLAVORS, SWEETENERS, GLUTEN & SOY.

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Gnarly Pre-Workout products are intended to be taken before exercise and activity.

Per 1 Scoop	BCAAs	Leucine	Natural Caffeine	Calories
	5g	2.5g	35mg	20



GNARLY
SPORTS NUTRITION



Directions & Use

Mix one level scoop of Gnarly BCAAs into 12-16 oz of water. Gnarly BCAAs can be taken before, during or after intense training.

Store in a cool, dry place. Container is filled by weight not volume. Settling may occur. Included measuring scoop may settle to the bottom during shipping.

*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.

If pregnant or nursing consult a healthcare professional before using this product.

BCAAs Branched Chain Amino Acids Dietary Supplement

Reduce Muscle Soreness
& Recovery Time*

FRUIT PUNCH

with Caffeine



NET WT 300g (10.58oz)



Supplement Facts

Serving size 1 level scoop (10g)

Servings per container about 30

Amount Per Serving	% Daily Value**
Calories 20	
Total Carbohydrate 6g	2%
Dietary Fiber 1g	4%
Potassium (as potassium citrate) 70mg	2%
BCAA Blend 5g	†
L-Leucine 2.5g	†
L-Isoleucine 1.25g	†
L-Valine 1.25g	†
Aquamin® Red Algae (<i>Lithothamnium calcareum</i>) 100mg	†
Caffeine (from Green Tea leaf) 35mg	†

**Percent Daily Values are based on a 2,000 calorie diet

† Daily Value not established

Other Ingredients: Beet (Root) Juice, IMO (Isomalto-Oligosaccharide) (Fiber), Citric Acid, Natural Flavors, Malic Acid, Stevia (Leaf) Extract, Silicon Dioxide (anti-caking)

Aquamin® is a registered trademark of Marigot Limited



Manufactured for
GNARLY
SPORTS NUTRITION

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