

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

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PRE-WORKOUT
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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



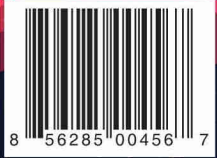
Directions & Use

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*

LEMON LIME

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: Citric Acid, Natural Flavor, IMO (Isomalto-Oligosaccharide) (Fiber), Stevia (Leaf) extract, Silicon Dioxide (anti-caking), Riboflavin (for color)
Aquamin® is a registered trademark of Marigot Limited



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