

OUTPERFORM YOUR BEST

Level up your training with increased energy and focus![∞] Created with science-based ingredients and clinical doses of L-Citrulline, L-Theanine, CarnoSyn[®] Beta Alanine, and Rhodiola Rosea to help you crush your workouts. This is our most advanced pre-workout, infused with XS Muscle Multiplier[™]* essential amino acid blend, caffeine, and a mega dose of B-vitamins to help you push further, gain strength, and build muscle[∞].

XS[™] Pre-Workout Boost gives you maximum power, so you get more out of your training and experience more!



Amway[™]

**MADE IN THE
USA**

Made in the USA with
premium ingredients
from around the globe.



PRE-WORKOUT BOOST

DIETARY SUPPLEMENT

GREEN APPLE

naturally flavored | naturally sweetened



4.0G
CARNOSYN[®]
BETA ALANINE

3.4G
L-CITRULLINE

100MG
RHODIOLA
ROSEA

FREE
OF GLUTEN, DAIRY & SOY

DIRECTIONS: Mix 1 stick pack with 12-16 fl oz of water. Stir and consume 15 minutes prior to training. No more than 2 servings per day.

Supplement Facts

Serving Size 1 Stick Pack (12g)
Servings Per Container 12

	Amount Per Serving	% Daily Value
Calories	45	
Total Carbohydrate	<1g	<1%*
Riboflavin	1.7mg	131%
Niacin (as Nicotinic Acid)	23mg NE	144%
Vitamin B6 (as Pyridoxine HCL)	7.2mg	424%
Vitamin B12 (as Cyanocobalamin)	167mcg	6958%
Pantothenic Acid (as D-Calcium Pantothenate)	7mg	140%
Amino Acid Blend	1.025g	†
L-Leucine, L-Valine, L-Isoleucine, L-Arginine, L-Lysine HCL, L-Threonine, L-Phenylalanine, L-Methionine, L-Histidine, L-Tryptophan		
CarnoSyn [®] Beta-alanine	4g	†
L-Citrulline	3.4g	†
L-Theanine	200mg	†
Caffeine Powder (Coffea arabica)	115mg	†
Rhodiola Rosea Root Extract (Std to 3% Rosavins)	100mg	†

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

†Daily Value not established.

OTHER INGREDIENTS: Malic Acid, Natural Flavors, Silicon Dioxide, Rebudioside M (from sugar cane), Stevia Leaf Extract, Organic Spirulina (for color).

WARNING: May cause flushing and/or tingling. Contains 115mg of caffeine per serving. Children under 12 years of age, pregnant women or nursing mothers, or anyone with a medical condition should consult with a physician before using this product.

**When combined with regular weight/resistance training and a healthy balanced diet*

CarnoSyn[®]
Carnosine Synthesizer

**CarnoSyn[®] is a registered trademark of Natural Alternatives International, Inc.

∞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.

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Questions: 1-800-253-6500
Amway.com 010NEK200
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12-0.4 OZ (12g) STICK PACKS
NET WT 4.8 OZ (144g)