

Gnarly Pre-Workout products are ntended to be taken before

doo	BCAAs	Citrulline Malate	Beta Alanine	Caffeine
Per 1 Sc	<b>4</b> g	<b>5</b> g	<b>2.5</b> g	Omg



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



## **Directions & Use**

Mix 1 level scoop of Gnarly Pre into 10-12 oz of water, stir or shake vigorously, 30 mins before workout. Settling may occur.

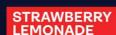
Store in a cool, dry place. Container is filled by weight not volume. Settling may occur. Included measuring scoop may settle to the bottom during shipping.

\*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

## **Pre-Workout**

Dietary Supplement

Increased Energy, Power & Performance\*











## **Supplement Facts**

Serving size 1 level scoop (14g) Servings per container about 30

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Amount Per Serving	% Daily Value**
Calories 10	
T <del>otal Carbohydrate</del> 1g	<1%
Citrulline Malate 5g	Ť
Vegan BCAA Blend 4g	†
L-Leucine 2g	Ť
L-Isoleucine 1g	Ť
L-Valine 1g	
*Beta-alanine (as CarnoSyn®) 2.5g	
Asian Ginseng root powder 150mg	t
**Percent Daily Values are based on a 2,000 calorie diet † Daily Value not established	

Other Ingredients: Natural Flavors, Stevia (Leaf) Extract, Silicon Dioxide (anti-caking), Beet Root (color), Calcium Silicate (anti-caking), Citric Acid

\*Total Active Beta-alanine







