Serving size 1 level scoop (14g)

Servings per container about 30

Amount Per Serving

Total Carbohydrate 1g

Citrulline Malate 5g Vegan BCAA Blend 4g

L-Leucine 2g

L-Valine 1g

L-Isoleucine 1a

Calories 10

Supplement Facts



doo	BCAAs	Citrulline Malate	Beta Alanine	Caffeine
Per 1 Sc	4 g	5 g	2.5 g	180 _m



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. Do not use if sensitive to caffeine.

-Not recommended for use by children under 18 years of age -Not recommended for use by pregnant or nursing women.

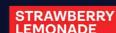
Store in a cool, dry place. Container is filled by weight not volume. Settling may occur. Included measuring scoop may settle to the bottom during shipping.

*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*



with Caffeine





Dioxide (anti-caking), Beet Root (color), Calcium Silicate (anti-caking), Citric Acid

**Percent Daily Values are based on a 2,000 calorie diet † Daily Value not established

Other Ingredients: Natural Flavors, Stevia (Leaf) Extract, Silicon

*Beta-alanine (as CarnoSyn®) 2.5g

Asian Ginseng root powder 150mg

Caffeine (from Green Tea leaf) 180mg

*Total Active Beta-alanine



% Daily Value**

<1%















