

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	Citrulline Malate	Beta Alanine	Caffeine
	4g	5g	2.5g	180mg



GNARLY
SPORTS NUTRITION



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*

**STRAWBERRY
LEMONADE**

with Caffeine



NET WT 420g (14.82oz)



Supplement Facts

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

Amount Per Serving	% Daily Value**
Calories 10	
Total Carbohydrate 1g	<1%
Citrulline Malate 5g	†
Vegan BCAA Blend 4g	†
L-Leucine 2g	†
L-Isoleucine 1g	†
L-Valine 1g	†
*Beta-alanine (as CarnoSyn®) 2.5g	†
Caffeine (from Green Tea leaf) 180mg	†
Asian Ginseng root powder 150mg	†

**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

CarnoSyn
Carnosine Synthesizer

*Natural Alternatives International (NAI) is the owner of patents as listed on www.carnosyn.com and registered trademark CarnoSyn® and SR CarnoSyn®.

Manufactured for
GNARLY
SPORTS NUTRITION

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