

Directions: Combine 1 serving of WHITE FLOOD PLUS™ with 8-10 oz. of cold water (you may adjust the amount of water used based on your particular flavor concentration desire) and consume it 30 minutes pre-workout. For best results, WHITE FLOOD PLUS™ should be used in conjunction with other Controlled Labs™ products, with adequate liquid/water per day, and a sensible diet. For more details on optimizing your results, please see www.ControlledLabs.com.

Warnings: Do not exceed 1 serving per day. The Beta Alanine in this product may cause a slight tingling in some people. This is a normal temporary characteristic. Before ingesting this product you should consult your doctor if you are not aware of your current health status or if you have any medical condition including, but not limited to: diabetes, high or low blood pressure, cardiac arrhythmias, stroke; diseases of the heart, kidneys, liver or thyroid gland; anxiety, history of seizures, depression, any psychiatric ailment, pernicious anemia or other blood disorders, prostate enlargement. This product is intended for adults 18-50 years of age only. **WARNING:** Consuming this product can expose you to chemicals including [Lead], which are known to the State of California to cause cancer and birth defects or other reproductive harm. For more information go to www.P65Warnings.ca.gov/food. Do not take this product if you are pregnant or nursing. Do not consume with less than the recommended amount of water or if you are prone to dehydration or are subjected to extremely hot temperatures. Do not take this product with any other sources of caffeine or stimulants.

Keep out of the reach of children and pets.
Do not purchase if safety seal is broken.

* These statements have not been evaluated by the Food & Drug Administration.
This product is not intended to diagnose, treat, cure or prevent any disease.



WHITE FLOOD Plus™

PreWorkout
Nitric Oxide & Energy Enhancer*
Juicy Watermelon
Naturally & Artificially Flavored



CONTROLLED LABS™

DIETARY SUPPLEMENT | Net Wt. (15.17oz.) 430g

20 SERVINGS

Supplement Facts

Serving size: 21.5 grams (approx. 1 scoop)
Servings Per Container: About 20

	Amount Per Serving	%DV†
Calcium (as calcium silicate)	40 mg	3%
L-citrulline	6 g	†
CarnoSyn® Beta-Alanine	3.2 g	†
Betaine anhydrous	2.5 g	†
L-tyrosine	2 g	†
Taurine	1 g	†
Glycerol (as HydroMax®)(65%)	1500 mg	†
Caffeine (as caffeine anhydrous and from Di-caffeine malate)	356 mg	†
S7® Blend	50 mg	†
Green coffee bean extract, green tea leaf extract, Turmeric root extract, sour cherry fruit powder, Blueberry fruit powder, broccoli head powder, Collards leaf powder		
Chocolate bean extract	20 mg	†
Theobroma cacao (extracted for 10% theobromine)		

Percent Daily Values (DV) are based on a 2,000 calorie diet
† Daily Value (DV) not established.

Other Ingredients: citric acid, silicon dioxide, pineapple fruit powder, natural and artificial flavors, acesulfame potassium, sucralose



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

HydroMax is a registered trademark of Glanbia Nutritionals, Inc.
S7® is a registered trademark of VDF FutureCeuticals.



Distributed by:
Controlled Labs • White Plains, NY, 10605
www.ControlledLabs.com

MANUFACTURED IN THE USA FROM DOMESTIC & IMPORTED INGREDIENTS



Allergen Warning: Manufactured on equipment which processes products containing milk, egg, wheat, soy, shellfish, fish, tree nuts, peanuts, and sesame.
To report a serious adverse event or obtain product information regarding this dietary supplement, please call (201) 735-7144