

SUGGESTED USE: Mix 1/2 scoop in 6-8 fl oz water 20-30 minutes before your workout. Once tolerance has been assessed, you may use one full serving (1 scoop). A slight tingling sensation is normal and is due to the beta-alanine. Be sure to stay hydrated and have a great workout!

WARNING: Product contains 200mg of caffeine per serving. Do not consume more than one serving over 3-4 hours. Do not exceed more than 2 servings per day. Do not use if sensitive to caffeine. Limit the use of caffeine-containing medications, foods, or beverages while taking this product because too much caffeine may cause nervousness, irritability, sleeplessness, and occasionally, rapid heartbeat. Consult a physician before use if you are pregnant, lactating, have a medical condition (including but not limited to, hypertension or thyroid conditions), or taking any medication. Not recommended for use by children under 18 years of age. **KEEP OUT OF REACH OF CHILDREN.** Store in a cool, dry place.

*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.



30
SERVINGS



DIETARY SUPPLEMENT

NET WT. 11 OZ (312 G)

Supplement Facts

Serving Size: 1 Scoop (10.4 g)

Servings Per Container: 30

	Amount Per Serving	%DV*
Calories	10	
Total Carbohydrate	<1 g	<1%
Total Sugars	0 g	†
Includes 0g Added Sugars		0%
Sodium	150 mg	7%
L-Citrulline DL-Malate (2:1)	6 g	†
Beta-Alanine	1.6 g	†
L-Tyrosine	500 mg	†
Caffeine (from <i>Coffea arabica</i> [Bean] Extract)	200 mg	†
L-Theanine	200 mg	†

*Percent Daily Values are based on a 2,000 calorie diet †Daily Value Not Established

Other Ingredients: Natural Flavor, Sodium Citrate, Silica, Sucralose, Acesulfame Potassium, Vegetable Juice (Color), Fruit Juice (Color).

ALLERGEN WARNING: Processed in a facility that also processes products containing milk, eggs, soy, wheat, crustacean shellfish, fish oil, tree nuts, peanuts, and sesame.

ALANINU.COM



Alani Nutrition LLC
Louisville, KY 40268

Distributed by:
Alani