

# INTRA/PERI WORKOUT POWERHOUSE

ENERGY | STAMINA | STRENGTH | HYDRATION | FOCUS

**Suggested Use:** For intra-workout, mix 1-2 scoops (1-2 servings) with 32-64 ounces of cold water. Drink approximately 1/3 of mix 20 minutes prior to intense training, then sip the remainder throughout your training session. As a peri-workout, use pre, intra or post training to enhance endurance and recovery.

VEGETARIAN | GLUTEN FREE | NON-GMO | LACTOSE FREE

No Excipients, No Fillers, No Artificial Color No Preservatives.

**Warning:** KEEP OUT OF REACH OF CHILDREN. This product is only intended to be consumed by healthy adults 18 years of age or older. Do not use if you are pregnant, breast feeding, have known medical conditions or are taking prescription or OTC medication. Consult with your health care practitioner before using this product. Discontinue use two weeks prior to surgery. This product is intended as a dietary supplement only. Do not use as a sole source of nutrition.

## FULL LABEL DISCLOSURE

NO PROPRIETARY BLENDS | EVERY INGREDIENT DISCLOSED WITH DOSAGE

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SINCE  
1996

MANUFACTURED IN OUR  
**GMP & FDA**  
INSPECTED FACILITY  
FDA Registration: 16906175560



**MADE IN USA**  
— WITH INGREDIENTS —  
— SOURCED WORLDWIDE

NUTRABIO

# INTRA FUEL LEG DAY INTRA WORKOUT POWERHOUSE

20 SERVINGS  
Natural & Artificial Flavoring | Dietary Supplement  
Net Wt. 2.10 lb (953 g)

CHERRY LIMEADE



elevATP  
STRENGTH. POWER. PERFORMANCE.

NEURO  
FACTOR

SENACTIV

RIBOSE

Cluster Dextrin™

AstraGin

CALCI-K™  
ALBION

COCO PURE™

ALBION  
MINERALS

## Supplement Facts

Serving size: 1 scoop (47.66 g)  
Servings per container: 20

|                                                                                | Amount Per Serving | % DV |
|--------------------------------------------------------------------------------|--------------------|------|
| Calories                                                                       | 120                |      |
| Total Carbohydrate                                                             | 31 g               | 11%* |
| Total Sugars                                                                   | 5 g                | †    |
| Added Sugars (as D-Ribose)                                                     | 5 g                | 10%* |
| Calcium (as Calci-K™ calcium potassium phosphate citrate)                      | 120 mg             | 10%  |
| Phosphorus (as Calci-K™ calcium potassium phosphate citrate, sodium phosphate) | 95 mg              | 8%   |
| Magnesium (as Albion™ di-magnesium malate)                                     | 50 mg              | 12%  |
| Sodium (as pink Himalayan sea salt, sodium phosphate)                          | 200 mg             | 8%   |
| Potassium (as Calci-K™ calcium potassium phosphate citrate)                    | 100 mg             | 2%   |
| Dual Carbohydrate Energy Blend (30 g)                                          |                    |      |
| ClusterDextrin™ (highly branched cyclic dextrin) (HBCD)                        | 25 g               | †    |
| Ribose (D-Ribose)                                                              | 5 g                | †    |
| Leg Day Performance Matrix (450 mg)                                            |                    |      |
| Mucuna pruriens Extract [(seed) (std. to 98% naturally occurring L-DOPA)]      | 150 mg             | †    |
| elevATP® [ancient pea and apple fruit extract (Malus domestica)]               | 150 mg             | †    |
| NeuroFactor® [coffee berry extract (Coffea arabica) (fruit)]                   | 100 mg             | †    |
| Senactiv® [Panax notoginseng (root), Rosa roxburghii (fruit)]                  | 50 mg              | †    |
| Intra Blast Aminos (8.6 g) [EAAs (7.6 g), BCAAs (5 g)]                         |                    |      |
| L-Leucine (HPLC)                                                               | 2,500 mg           | †    |
| L-Isoleucine (HPLC)                                                            | 1,250 mg           | †    |
| L-Valine (HPLC)                                                                | 1,250 mg           | †    |
| L-Ornithine HCl (HPLC)                                                         | 1,000 mg           | †    |
| L-Lysine HCl (HPLC)                                                            | 850 mg             | †    |
| L-Threonine (HPLC)                                                             | 850 mg             | †    |
| L-Histidine HCl (HPLC)                                                         | 450 mg             | †    |
| DL-Phenylalanine (HPLC)                                                        | 300 mg             | †    |
| DL-Methionine (HPLC)                                                           | 100 mg             | †    |
| L-Tryptophan (HPLC)                                                            | 55 mg              | †    |
| Electrolyte & Hydration Optimizer (3.97 g)                                     |                    |      |
| Taurine (HPLC)                                                                 | 2,000 mg           | †    |
| Calci-K™ (as Albion™ calcium potassium phosphate citrate)                      | 667 mg             | †    |
| CocoPure™ (coconut water powder)                                               | 500 mg             | †    |
| Pink Himalayan Sea Salt                                                        | 393 mg             | †    |
| Di-Magnesium Malate (Albion™)                                                  | 250 mg             | †    |
| Sodium Phosphate                                                               | 157 mg             | †    |
| Nutrient Absorption Enhancer                                                   |                    |      |
| Astragin™                                                                      | 50 mg              | †    |
| [Astragalus membranaceus (root), Panax notoginseng (root)]                     |                    |      |

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

Other Ingredients: Flavoring: (citric acid 1,800 mg, natural and artificial flavor 1,268 mg, malic acid 1,000 mg, sucralose 240 mg, acesulfame potassium 120 mg), Coloring (beet powder 96 mg, beta carotene 64 mg)

Contains: Tree Nuts (Coconut), PHENYLKETONURICS: Contains Phenylalanine.

THIS PRODUCT IS SOLD BY WEIGHT, NOT VOLUME. SETTling OF CONTENTS MAY OCCUR DURING SHIPPING. STORE IN A COOL DRY PLACE. SERVING SCOOP INCLUDED (MAY SINK TO THE BOTTOM)

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†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.



Product filled to this level