

# INTRA/PERI WORKOUT POWERHOUSE<sup>†</sup>

ENERGY<sup>†</sup> | STAMINA<sup>†</sup> | STRENGTH<sup>†</sup> | HYDRATION<sup>†</sup> | FOCUS<sup>†</sup>

**Suggested Use:** For intra-workout, mix 1-2 scoops (1-2 servings) with 20-40 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.<sup>†</sup>

**Warning:** KEEP OUT OF REACH OF CHILDREN. DO NOT USE IF PREGNANT OR NURSING. NOT FOR USE BY INDIVIDUALS UNDER THE AGE OF 18 YEARS. Consult a physician before use if you have a medical condition or are taking any medication. Discontinue use two weeks prior to surgery.

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NO PROPRIETARY BLENDS | FULLY TRANSPARENT

<sup>†</sup>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.

**WARNING:** Consuming this product can expose you to chemicals including lead, which are known to the State of California to cause birth defects or other reproductive harm. For more information go to [www.P60Warnings.ca.gov/food](http://www.P60Warnings.ca.gov/food).

SINCE  
1996

MANUFACTURED IN OUR  
**GMP & FDA**  
INSPECTED FACILITY



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

**INTRA FUEL**

# BIO LEG DAY<sup>TM</sup>

**INTRA WORKOUT POWERHOUSE<sup>†</sup>**

**GRAPE BERRY CRUSH**  
ARTIFICIALLY FLAVORED

20 Servings  
Net Wt. 33.36 oz (2.08 lb) 946 g

DIETARY SUPPLEMENT

**elevATP**  
STRENGTH. POWER. PERFORMANCE.

**NEURO  
FACTOR**

**SENACTIV**

**RIBOSE**

**Cluster Dextrin<sup>TM</sup>**

**AstraGin**

**CALCI-K<sup>TM</sup>**  
ALBION

**COCO PURE<sup>TM</sup>**

**ALBION<sup>TM</sup>**  
MINERALS

## Supplement Facts

Serving Size: 1 scoop (47.28 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 calcium potassium phosphate citrate [Calci-K <sup>TM</sup> ])                         | 120 mg             | 10%  |
| Phosphorus (as calcium potassium phosphate citrate [Calci-K <sup>TM</sup> ] and sodium phosphate) | 95 mg              | 8%   |
| Magnesium (as di-magnesium malate)                                                                | 50 mg              | 12%  |
| Sodium (as pink Himalayan sea salt and sodium phosphate)                                          | 200 mg             | 9%   |
| Potassium (as calcium potassium phosphate citrate [Calci-K <sup>TM</sup> ])                       | 100 mg             | 2%   |

|                                                                |      |   |
|----------------------------------------------------------------|------|---|
| <b>Dual Carbohydrate Energy Blend (30 g)</b>                   |      |   |
| Cluster Dextrin <sup>TM</sup> (highly branched cyclic dextrin) | 25 g | † |
| Ribose (D-Ribose)                                              | 5 g  | † |

|                                                                                          |        |   |
|------------------------------------------------------------------------------------------|--------|---|
| <b>Leg Day Performance Matrix (600 mg)</b>                                               |        |   |
| Velvet Bean Extract ( <i>Mucuna pruriens</i> ) (Seed)                                    | 300 mg | † |
| elevATP <sup>®</sup> (ancient pear and apple fruit extract ( <i>Malus domestica</i> ))   | 150 mg | † |
| NeuroFactor <sup>®</sup> (coffee berry extract ( <i>Coffea arabica</i> ) (fruit))        | 100 mg | † |
| Senactiv <sup>®</sup> ( <i>Panax notoginseng</i> (root), <i>Rosa roxburghii</i> (fruit)) | 50 mg  | † |

|                                                                            |          |   |
|----------------------------------------------------------------------------|----------|---|
| <b>Intra Blast Amino Matrix (8.6 g (incl. 7.6 g EAAs &amp; 5 g BCAAs))</b> |          |   |
| L-Leucine                                                                  | 2,500 mg | † |
| L-Isoleucine                                                               | 1,250 mg | † |
| L-Valine                                                                   | 1,250 mg | † |
| L-Ornithine HCl                                                            | 1,000 mg | † |
| L-Lysine HCl                                                               | 850 mg   | † |
| L-Threonine                                                                | 850 mg   | † |
| L-Histidine HCl                                                            | 450 mg   | † |
| DL-Phenylalanine                                                           | 300 mg   | † |
| DL-Methionine                                                              | 100 mg   | † |
| L-Tryptophan                                                               | 55 mg    | † |

|                                                                                   |          |   |
|-----------------------------------------------------------------------------------|----------|---|
| <b>Electrolyte &amp; Hydration Optimizer (3.97 g)</b>                             |          |   |
| Taurine                                                                           | 2,000 mg | † |
| Calcium Potassium Phosphate Citrate (Albion <sup>TM</sup> Calci-K <sup>TM</sup> ) | 667 mg   | † |
| Coconut Water Powder (Cocopure <sup>TM</sup> )                                    | 500 mg   | † |
| Pink Himalayan Sea Salt                                                           | 393 mg   | † |
| Di-Magnesium Malate (Albion <sup>TM</sup> )                                       | 250 mg   | † |
| Sodium Phosphate                                                                  | 157 mg   | † |

|                                                                                                  |       |   |
|--------------------------------------------------------------------------------------------------|-------|---|
| <b>Nutrient Absorption Enhancer</b>                                                              |       |   |
| Astragin <sup>TM</sup> ( <i>Astragalus membranaceus</i> (root), <i>Panax notoginseng</i> (root)) | 50 mg | † |

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

Other Ingredients: citric acid 1.6 g, natural and artificial flavor 1.1 g, malic acid 900 mg, sucralose 230 mg, acesulfame potassium 120 mg, fruit and vegetable juice 100 mg (color).

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

**NB** Manufactured by:  
NutraBio Labs, Inc.  
564 Lincoln Blvd.,  
Middlesex, NJ 08846  
(732) 748-8606

Processed in a facility and/or manufacturing line that also produces milk, tree nuts, nuts and soy.

THIS PRODUCT IS SOLD BY WEIGHT NOT VOLUME. SOME SETTLING OF CONTENTS MAY HAVE OCCURRED. SERVING SCOOP INCLUDED. (MAY SETTLE TO THE BOTTOM DURING SHIPPING.) STORE IN A COOL DRY PLACE.

Cluster Dextrin<sup>TM</sup> is a registered trademark of Glico Nutrition Co., Inc. Astragin<sup>TM</sup> and Senactiv<sup>TM</sup> are registered trademarks of Nutri Science USA. elevATP<sup>®</sup> and NeuroFactor<sup>®</sup> are registered trademarks of VDF. FutreCeuticals, Inc. and used under license. Bioenergy Ribose is a trademark of Bioenergy Life Sciences, Inc. Albion<sup>TM</sup> and Calci-K<sup>TM</sup> are trademark of Albion Laboratories, Inc. U.S. Patent 6,706,904.

VEGETARIAN | LACTOSE FREE



Product filled to this level