

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 or Flavor, No Preservatives, No Soy, No Wheat, No Yeast, No Fish, No Milk.

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

CHECK, VERIFY, TRUST. View Independent Lab Results
CHECKMYSUPPS.COM

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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 CARB

LEG

DAY

INTRA FUEL FOR SERIOUS ATHLETES ONLY

20 SERVINGS
Natural Flavoring | Dietary Supplement | Net Wt. 2.14 lb (971 g)

SWEET TEA

elevATP
STRENGTH. POWER. PERFORMANCE.

NEURO FACTOR

SENACTIV

powered by: BIOENERGY RIBOSE

Cluster Dextrin™

AstraGin

CALCI-K ALBION

COCO PURE

ALBION MINERALS

Supplement Facts

Serving size: 1 scoop (48.54 g)
Servings per container: 20

	Amount Per Serving	% DV
Calories	130	
Total Carbohydrate	32 g	12%*
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	†
Bioenergy 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	†
Sodium Phosphate	157 mg	†
Di-Magnesium Malate (Albion™)	250 mg	†

Nutrient Absorption Enhancer

Astragin™ [Astragalus membranaceus (root), Panax notoginseng (root)]	50 mg	†
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* Percent Daily Values are based on a 2,000 calorie diet.
† Daily value (DV) not established.

Other Ingredients: Flavoring: (natural flavor) 1,757 mg, citric acid 1,600 mg, black tea extract 1,000 mg, malic acid 800 mg, sucralose 200 mg, acesulfame potassium 110 mg

Contains: Tree Nuts (Coconut)

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