Suggested Use: Mix 1 scoop into 12-14 ounces of water and consume 20-30 minutes prior to exercise. Vary the amount of water to achieve your desired flavor level. PRE is extremely powerful, first time users should begin use with 1/2 scoop or less to assess your tolerance.

VEGETARIAN | GLUTEN FREE | NON-GMO | LACTOSE FREE

Warning: KEEP OUT OF REACH OF CHILDREN. This product is not intended/recommended for children under 18 years of age and those sensitive to caffeine. Consult a physician before use if you are pregnant, nursing, have a medical condition or are taking any medication. Discontinue use two weeks prior to surgery. Do not exceed recommended serving. For occasional use only. Not intended for use as a substitute for sleep. Do not use with caffeine-containing medications, foods or beverages while taking this product because too much caffeine may cause nervousness, irritability, sleeplessness and occasionally rapid heartheat. In case of accidental overdose, seek professional assistance or contact a poison control center immediately. Discontinue use and consult with your alth care professional if you experience any adverse reaction to this product. CONTAINS 350 MG OF CAFFEINE R SERVING. Do not consume more than 1 serving daily. Drink at least 16-32 ounces of additional water per day ien using Creatine. Do not use under extreme conditions of heat, CARDIOVASCULAR EXERTION or dehydration.







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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

VARNING: Consuming this product can expose you to chemicals including lead, which are known to the State of Colifornia to cause birth defects or other reproductive harm. For more information go to www.PIESWarnings.ca.gov/food









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7.8G

FOCUS • PUMP • ENERGY

PRE-WORKOUT PERFORMANCE IGNITER¹



DIETARY SUPPLEMENT