Suggested Use: Mix 1 scoop into 12-14 ounces of water and consume 30-45 minutes prior to exercise. Vary the amount of water to achieve your desired flavor level.

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. 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. Drink at least 16-32 ounces of additional water per day when using Creatine.







ici-K" and Creatine MagnaPower** are trademarks of Albion Laboratories, Inc. Chelate covered by U.S. Patent 6,114,379. Inc. Nitresignelli and the trosigine? logo are registered trade marks of Nutrition 21, LLC. Nitrosigine? is parent protected.

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure

RNING: Consuming this product can expose you to chemicals including lead, which are known to the State of California to cause birth defects o







PRE-WORKOUT PERFORMANCE IGNITER

FOCUS • PUMP • ENERGY

20 Servings Net Wt. 19.6 oz (1.2 lb) 557 g



6G

DIETARY SUPPLEMENT

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	Amount Per Serving
Witamin C (as ascorbic sold USP)	150 mg
Vitamin B3 (as nedri)	30 mg NE
Vitamin B6 (as pyridosine HC))	50 mg
Vitamin B12 (as metryloccalamin)	150 mog

Haran In Manual	
Vitamin C (as ascorbic acid USP)	150 m
Vitamin B3 (as neon)	30 mg N
Vitamin B6 (as pyridosine HC))	50 m
Vitamin B12 (as metrylocosismin)	150 mc
Calcium (in calcium potassium phosphate otrate (Calci-K ¹⁴))	9 95 m
Phosphorus (as calclam potassium phosphate direte Calci-K ^m and sodium phosphate)	89 m
Magnesium (as mognesium creative chelate)	40 m





