

Meet Your New TRAINER!

Fast paced, high intensity cross-training workouts create greater physical challenges than ordinary pre-workout products may be able to handle. New **clinically dosed X-FIT TRAINER™** is specially formulated to help you conquer all of these challenges and get the most out of every workout*:

- TRAINER contains 100% of the clinical dose of a natural ingredient shown to increase energy levels up to 79%*. With TRAINER you can maximize focus and intensity with **no synthetic stimulants or any substances banned by WADA.***
- TRAINER's massive **3.2 g clinical dose of beta-alanine** can increase buffering of lactic acid up to 35%, so you can **train harder and faster.*** With nearly double a clinical dose of creatine, you can also **boost your strength gains up to 45%.***
- Frequent high intensity training can chronically elevate cortisol, a catabolic hormone.* Only TRAINER contains **CortiFit™**, a patented high potency, adaptogenic botanical extract shown to **lower cortisol up to 24%** so you can **promote lean muscle mass.***
- **Increase post-workout fat burning!*** With TRAINER's clinically dosed thermogenic blend, you can break down more body fat and continue burning up to 12% more calories for up to 4 hours after your workout*.

BANNED SUBSTANCE FREE**

**Does not contain any substances banned by World Anti-Doping Agency (WADA). CortiFit is protected under US Patent 6,713,092.

*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.

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Clinically
Dosed

MHP
MAXIMUM HUMAN PERFORMANCE

**TROPICAL
PUNCH**



TRAINER™

ENERGY • POWER • ENDURANCE

Pre-Workout Formula

Dietary Supplement

Net Wt. 8 oz. (226g)

XTREME FITNESS INTENSITY TRAINING

DIRECTIONS: Thirty (30) minutes before training, mix 1 full scoop of TRAINER thoroughly with 8 fl. oz. of cold water, then drink. You may experience a harmless tingling sensation within 1 hour of consuming TRAINER.

Supplement Facts

Serving Size: 1 Scoop (11.3 g) Serving Per Container: 20

	Amount Per Serving	% Daily Value
TRAINER Clinically Dosed Muscular Performance System* Creatine Monohydrate, Beta-Alanine	8,800 mg	‡
TRAINER Post-Workout Sustained Calorie-Burning System* Raspberry Ketone, <i>Paullinia cupana</i> Concentrate (seed), <i>Ilex paraguariensis</i> Extract (leaf), Green Tea Extract (leaf), supplying 250 mg of natural caffeine	620 mg	‡
TRAINER CortiFit™ Patented Cortisol-Regulating Adaptogenic* High-Potency <i>Withania somnifera</i> (root and leaf) (8% Withanolides)	250 mg	‡

‡ Daily Value not established.

Other ingredients: Natural & artificial flavors, citric acid, acesulfame-K, sucralose, beet juice powder and silicon dioxide.

WARNING: TRAINER is strictly intended for healthy adults 18 years of age and over. Do not use if you are currently unaware of your health status, if you have any pre-existing medical conditions, if you are prone to dehydration, or if you are taking any medication. This product contains caffeine equivalent to roughly 3 cups of brewed coffee. Do not use in combination with caffeine or other stimulants from any other sources. KEEP OUT OF REACH OF CHILDREN.

- Keep out of reach of children.
- Protect from heat, light and moisture.
- Do not purchase if seal is broken.
- Store at 15°-30°C (59°-86°F).

Distributed by: MHP, LLC. 21 Dwight Place,
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1.888.783.8844 • www.MHPXFIT.com

