Suggested Use: Mix 1/2 scoop in 6-8 fl oz water 20-30 minutes before your workout. Once tolerance has been assessed, you may use one full serving (1 scoop). A slight tingling sensation is normal and is due to the beta-alanine. Be sure to stay hydrated and have a great workout!

WARNING: Product contains 200mg of caffeine per serving. Do not consume more than one serving over 3-4 hours. Do not exceed more than 2 servings per day. Do not use if sensitive to caffeine. Limit the use of caffeine-containing medications, foods, or beverages while taking this product because too much caffeine may cause nervousness, irritability, sleeplessness, and occasionally, rapid heartbeat. Consult a physician before use if you are pregnant, lactating, have a medical condition (including but not limited to, hypertension or thyroid conditions), or taking any medication. Not recommended for use by children under 18 years of age. **KEEP OUT OF REACH OF CHILDREN. Store in a cool, dry place.**

* 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.

8 10030 51481 7

Alani Nu

PRE-WORKOUT

BLUE SLUSH

NATURALLY & ARTIFICIALLY FLAVORED

30 SERVINGS

ENERGY*
ENDURANCE*
PUMP*

Supplement Facts

Serving Size: 1 Scoop (11 g)
Servings Per Container: 30

	Amount Per Serving	%DV**
Sodium	160 mg	7%
L-Citrulline Malate (2:1)	6 g	†
Beta-Alanine	1.6 g	†
L-Tyrosine	500 mg	†
Caffeine (from *Coffea arabica* [Bean] Extract)	200 mg	†
L-Theanine	200 mg	†

**Percent Daily Values (DV) are based on a 2,000 calorie diet. †Daily Value Not Established.

Other Ingredients: Sodium Citrate, Natural Flavors, Silica, Sucralose, Acesulfame Potassium, Spirulina Extract (for color).

Distributed by: Alani Nutrition LLC Louisville, KY 40220

ALANINU.COM

DIETARY SUPPLEMENT

NET WT. 11.64 OZ (330 G)