

Suggested Use: Mix 1-2 scoops in 4-8 fl oz of water 20-30 minutes before your workout. Once tolerance has been assessed, you may use one full serving (1 scoop) mixed in 12-16 fl oz of water. 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 24 hours. Do not exceed more than 2 servings per day. Do not use if sensitive to caffeine, used 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 medications. Not recommended for use by children under 18 years of age. **KEEP OUT OF THE REACH OF CHILDREN. DO NOT USE IF CAPSEIN SEAL IS DAMAGED OR MISSING. 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.



30
SERVINGS
SERVINGS



DIETARY SUPPLEMENT

Alanin[®]

PRE-WORKOUT

**STRAWBERRY
SURFISE**

NET WT. 11 OZ (312g)

ENERGY*
ENDURANCE*
PUMP*

NET WT. 11 OZ (312g)

Supplement Facts

Serving Size: 1 Scoop (15g)

Servings Per Container: 30

	Amount Per Serving	%DV
Caffeine	15g	30%
Total Carbohydrate	1g	<1%
Collagen	100mg	2%
Betaine	1400mg	8%
L-Carnitine Maleate (2:1)	5g	1
Beta-Alanine	1.5g	1
L-Tyrosine	500mg	1
Citrus	500mg	1
*Percent Daily Values (DV) are based on a diet of 100% protein diet.		
*Daily Value not established.		

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(Other ingredients: Protein (Whey, Natural Flavors, Sucralose, Stevia, Calcium Citrate, Acesulfame Potassium, Stevia Leaf Extract)

Manufactured by:



Alanin Nutrition, LLC
1400 Lake Dr. S.W., #77
Lakewood, CO 80026

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To report adverse events, please mail to Alanin Nutrition, LLC, 1400 Peperbrook Ln STE 302 #8010, Lakewood, CO 80026.

ALANINU.COM



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