

EXTRA BOOST

300mg CAFFEINE*

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AlaninU

PRE-WORKOUT+
ROCKET POP

NATURAL AND ARTIFICIAL FLAVORS

BETTER
PUMP*ADDED
HYDRATION*ADDED
FOCUS*

Suggested Use: Mix 1.0 scoop in 4-8 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 300mg of caffeine per serving. Do not consume more than one serving over 3-4 hours. Do not exceed more than 400 mg caffeine from all sources 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.



30
SERVINGS

DIETARY SUPPLEMENT

NET WT. 13.6 OZ (387 g)

Supplement Facts

Serving Size: 1 Scoop (10 g)
Servings Per Container: About 30

	Amount Per Serving	% Daily Value
Citruses	40	
Total Carbohydrate	<1 g	<1%
Citruses (as Dried Citrus Peel)	200 mg	10%
Calcium	<5 mg	1%
Sodium	<5 mg	1%
L-Citrulline Malate (2:1)	8 g	1
Beta-Alanine	1 g	1
Caffeine (from Coffee, L-Theanine, Green Tea Extract and Citrus Peel Extract)	300 mg	1
L-Theanine	200 mg	1
Theosinone	100 mg	1
Pink Himalayan Salt	100 mg	1
Hyperolite-W (containing 1% from Hyperolite Natural Food Extract)	100 mg	1

*Percent Daily Values are based on a diet of 100% AlaninU. Daily Values for AlaninU.

Other Ingredients: Natural Flavors, Sucralose, Citric Acid, Citrus Peel, Citrus Peel Extract, Citrus Peel.

Manufactured by: **AlaninU**
AlaninU Nutrition LLC
1444 West 1st St, UT 84003

For more

ALANINU.COM



To report adverse events, please call to
1-877-878-8888 or visit us online at
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