

THIS AIN'T YOUR MAMA'S PRE

WAR IS HELL, BUT YOUR WORKOUT DOESN'T HAVE TO BE WITH DEFCON3! THIS ALL-IN-ONE, MID-STIM PRE-WORKOUT SUPPORTS OPTIMAL STRENGTH, ENERGY, AND PERFORMANCE, WITHOUT THE JITTERS.*

SUGGESTED USE

AS A DIETARY SUPPLEMENT, MIX ONE FULL SCOOP INTO 8-12 FL. OZ. OF WATER AND MIX THOROUGHLY. CONSUME 15-30 MINUTES PRIOR TO EXERCISE.

225MG CAFFEINE

To increase energy & sharpen focus*

9GL-CITRULLINE

To supercharge nitric oxide
to support intense lifts*

5G CREATINE

to support strength & increase endurance*

5G BETAINE ANHYDROUS

to enhance athletic performance
& support protein synthesis*

WARNING: Not intended for anyone under the age of 18. If you are nursing, pregnant, taking medication or have a medical condition, consult your physician before taking this product. Do not exceed recommended dosage. This product contains caffeine and should not be used with any other caffeine-containing products.

KEEP OUT OF REACH OF CHILDREN. STORE IN A COOL, DRY & DARK PLACE.

WARNING: Consuming this product can expose you to chemicals including lead which is known by the State of California to cause birth defects or other reproductive harm. For more information go to www.P65Warnings.ca.gov/tood.

*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.

PACK AROUND AND FIND OUT

PUSHIN' UP DRISHES

20
SERVINGS

ANABOLIC WARFARE

DEFCON 3

MID-STIM

FULLY LOADED PRE-WORKOUT

BALLISTIC BERRY LEMONADE

NATURALLY FLAVORED | DIETARY SUPPLEMENT

NET WT. 21.79 OZ (1.36 LBS) 618 G

COME AND TAKE IT

Supplement Facts

Serving Size: 1 Scoop (30.9g)

Servings per Container: 20

	Amount Per Serving	%DV
Thiamine (Vitamin B1) (as Thiamine HCL)	20 mg	1667%
Sodium (as Pink Himalayan Salt)	500 mg	22%
L-Citrulline Malate 2:1	9000 mg	†
Beta Alanine	5000 mg	†
Betaine Anhydrous	5000 mg	†
Creatine Monohydrate	5000 mg	†
Alpha GPC 50%	1200 mg	†
Inositol-Stabilized Arginine Silicate (Nitrosigine®)	1000 mg	†
L-Theanine	500 mg	†
VasoDrive-AP® (Casein Hydrolysate)	254 mg	†
Theobromine	200 mg	†
Caffeine Anhydrous	200 mg	†
zümXR® (Delayed Released Caffeine)	25 mg	†

† Daily Value (DV) Not Established

Other Ingredients: Citric Acid, Natural Flavor, Silicon Dioxide, Sucralose, Calcium Silicate, Acesulfame Potassium

CONTAINS: MILK

MANUFACTURED FOR & DISTRIBUTED BY:

ANABOLIC WARFARE
AUSTIN, TX • 888.301.4002



Manufactured in a facility which processes Milk, Eggs, Fish, Shellfish, Tree Nuts, Peanuts, Wheat, Soybeans, and Sesame.

Nitrosigine® Nitrosigine®, including the Nitrosigine® logo, is a trademark of Nutrition 21, LLC. Nitrosigine® is patent protected.

Caffeine: 225mg

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