

DIRECTIONS: As a dietary supplement, based on published kinetic data, take 3 capsules 90 minutes before a workout on empty stomach or 2-3 hours before a workout with or without food, whichever is more convenient for you. If training within 2 hours of waking, consume 3 capsules upon waking, with or without food. If you weigh 140 pounds or less, begin by taking 2 capsules. Once tolerance has been assessed, you may add 1 additional capsule per workout based upon the following weight chart:

Bodyweight	<140 lbs	141-190 lbs	191-230 lbs	231 lbs +
Dose	2 Capsules	3 Capsules	4 Capsules	4-5 Capsules

Take on workout days only. Use in conjunction with proper exercise & nutrition protocol for your desired results. Read more about Yok3d at GetYok3d.com

DUE TO EXTREME POTENCY, DO NOT EXCEED 5 CAPSULES IN ANY 24 HOUR PERIOD. USE FOR A MAXIMUM OF 12 WEEKS FOLLOWED BY AT LEAST 2 WEEKS OFF.

WARNING: This product is only intended to be consumed by healthy adults 18 years of age or older. Consult with your health care provider before using this product, **especially if you are taking any prescription, over the counter medication, dietary supplement product or if you have any pre-existing medical condition including but not limited to: high or low blood pressure, cardiac arrhythmia, stroke, heart, liver, kidney or thyroid disease, seizure disorder, psychiatric disease, diabetes or any other medication or product. DO NOT USE IF YOU ARE TAKING ERECTILE DYSFUNCTION MEDICATION. DO NOT TAKE ADDITIONAL NITRATES IN THE FORM OF MEDICATION OR DIETARY SUPPLEMENTS ALONG WITH THIS PRODUCT.** Do not use antibacterial mouthwash within 4 hours of consuming Yok3d unless otherwise directed by a physician. Discontinue use 2 weeks prior to surgery. Do not combine with alcohol. Discontinue use and immediately consult your health care professional if you experience any adverse reaction to this product. Do not exceed recommended serving. Do not use if safety seal is broken or missing. Pregnant or nursing women should not use this product. **KEEP OUT OF REACH OF CHILDREN.**

† These statements have not been evaluated by the Food and Drug Administration. This product is not intended to treat, diagnose, cure or prevent any disease.

*Based on 3-5 capsules per workout, up to 4 workouts per week.

0-9492204017-6



Yok3d™

**Pharmacologically-Advanced
Nitric Oxide Enhancing Breakthrough†**

**Small Dose.
Ridiculous Pump.†
Dominant Performance.†**



MONTH + SUPPLY!*

Supplement Facts

Serving Size: 3 Capsules
Servings per Container: 30

	Amount per serving	% Daily Value
Proprietary Blend	1350 mg	*
Arginine Nitrate, Vitis Vinifera L. (Powergrape®), Trichopus Zeylanicus (whole plant) Extract		
Vitamin C (Ascorbic Acid)	100 mg	167%

* Daily value not established

Other Ingredients: Gelatin, Calcium Carbonate, Silicon Dioxide, Vegetable Stearate, FD&C Red #40, FD&C Yellow #6, FD&C Blue #1, Titanium Dioxide.

Manufactured for USPlabs, LLC (Dallas, TX 75220) following Good Manufacturing Practices (GMP).

Questions, comments or concerns can be directed to our forums at

www.usplabsdirect.com

or by phone at: 1-800-890-3067 (9-5 EST Mon-Fri)

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DIETARY SUPPLEMENT

90 Capsules

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