

XT3 is scientifically proven in both aerobic and anaerobic exercises to increase muscle strength, delay fatigue and speed recovery resulting in improved overall sports performance. **XT3** contains CarnoSyn® Beta-Alanine shown to boost muscle carnosine levels. Numerous published studies have shown that CarnoSyn® Beta-Alanine increases strength, buffers lactic acid, delays muscle fatigue, and speeds recovery time. Creapure® Creatine Monohydrate is made in Germany by AlzChem GmbH and is an ultrapure creatine, produced under a patented manufacturing process. L-Citrulline Malate promotes energy production, serves to remove lactate and ammonia from muscles and reduces muscle fatigue. L-Taurine plays a critical role in cellular defenses including DNA damage from free radicals produced during exercise.

L-Aspartic Acid functions to remove urea (ammonia waste) from the body. D-Ribose is a component of the energy generating ATP and NADH molecules. Magnesium is a component of hundreds of enzymes involved in metabolism and energy support. Vitamin C serves as one of the most powerful intracellular antioxidants in the body. If you are a serious athlete who trains at a high intensity, you need **XT3** for enhanced exercise performance. **XT3** allows you to train harder and longer and recover faster.†

WARNING: NOT FOR USE BY INDIVIDUALS UNDER THE AGE OF 18 YEARS. DO NOT USE IF PREGNANT OR NURSING. Consult a physician before starting any diet and exercise program and before using this product. Do not take this product if you have a medical condition. Discontinue use and call a physician or licensed health care professional immediately if you experience unexpected side effects. If taking prescription medications, consult a licensed health care professional prior to use.



†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.



70-05-202 16114

PERFORMANCE



PINK LEMONADE

XT3

Technologically Advanced Performance Enhancer†



- Promotes Muscle Strength, Muscle Mass, Endurance and Recovery†
- Improves Overall Sports Performance†
- Powered by CarnoSyn® Beta-Alanine and Creapure® Creatine Monohydrate

DIETARY SUPPLEMENT • NET WT. 456 G (1.0 LBS)

Directions: As a dietary supplement mix one (1) scoop (approximately 15.2g) with 12-16 ounces of pure cold water. Stir briskly or shake in a closed container until mixed. Consume 30 minutes prior to exercise. Add ice, sweetener, or increase water content to customize taste preference. Can be taken with or without food. Best results are seen when taken daily within a 3-4 week range. Can be taken on training days as a pre-workout formula or on non-training days.

Supplement Facts

Serving Size: One (1) Level scoop (Approx. 15.2g) Servings Per Container: 30
Calories per Serving: 20 Calories from Fat: 0

	Amount Per Serving	% Daily Value*
Total Carbohydrates	5 gm	17%
Dietary Fiber	0 gm	0%
Sugars (Dextrose)	5 gm	**
XT3 Performance Enhancing Blend	7,300 mg	**
Creapure® Creatine Monohydrate, CarnoSyn® Beta-Alanine, D-Ribose, L-Histidine, L-Taurine, L-Aspartic Acid, L-Citrulline Malate		
Magnesium (as Citrate)	150 mg	37%
Vitamin C (Ascorbic Acid)	120 mg	200%

*Percent Daily Values are based on a 2,000 calorie diet.
**Daily Value not established.

Other Ingredients: Tri-Calcium Phosphate, Citric Acid, Natural and Artificial Flavor (FD&C Red No. 40), Sucralose Sweetener, Acesulfame Potassium, Silicon Dioxide.

Manufactured in a cGMP facility that processes milk, egg, fish, Crustacean shellfish, tree nuts, wheat and soybeans.

STORE IN A COOL, DRY PLACE IN THE ORIGINAL CONTAINER AWAY FROM MOISTURE AND SUNLIGHT. WHILE USING THE PRODUCT, STORING CONTAINER IN A REFRIGERATOR WILL PROLONG FRESHNESS. ALWAYS KEEP TIGHTLY SEALED. SHAKE WELL BEFORE EACH USE.



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Creapure® is a registered trademark of AlzChem LLC.



To report a serious adverse event, contact:
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