

XTINGUISHER is a scientifically-based formula with key ingredients to support the production and maintenance of carnosine in muscles. Ingredients in **XTINGUISHER** are clinically proven in both aerobic and anaerobic exercises to be safe and effectively increase strength, delay muscle fatigue, and speed recovery.†

CarnoSyn® Beta-Alanine and L-Histidine. CarnoSyn® Beta-Alanine is patented Beta-Alanine and, when combined with L-Histidine, boosts muscle carnosine levels. Numerous published clinical studies have shown CarnoSyn® Beta-Alanine increases strength, buffers lactic acid, delays muscle fatigue, and speeds recovery time. **Creatine Monohydrate** is a time tested ingredient that regenerates the primary energy molecule, ATP, in muscles. Creatine supports high-intensity exercise and also serves as a buffer, resulting in delayed muscle fatigue and discomfort. **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 radical produced during exercise. **L-Aspartic Acid** is a metabolite of the urea cycle (liver) and functions to remove urea (ammonia waste) from the body. Aspartic acid may also increase endurance and prolong fatigue during high-intensity exercise. **D-Ribose** is a component of the energy generating ATP and NADH molecules. **D-Ribose** supports energy, endurance and muscle recovery and a powerful adjunct to creatine and CarnoSyn® Beta-Alanine. **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 **XTINGUISHER** for enhanced exercise performance. **XTINGUISHER** allows you to train harder and longer before fatigue sets in.†

KEEP OUT OF REACH OF CHILDREN

WARNING STATEMENT

Not for use by individuals under the age of 18. Consult a Physician before starting any diet and exercise program and before using this product. Discontinue use and call a physician or licensed qualified health care professional immediately if you experience unexpected side effects. If pregnant, nursing or taking prescription medications, consult a licensed healthcare practitioner prior to use.

This product contains beta-alanine. Beta-alanine may produce a mild tingling effect (paresthesia) or flushing sensation of the skin on initial use. This is similar to the niacin flush and most people are not bothered by this effect. This is resolved by taking 1/5 scoop and gradually increasing to the 1 scoop serving. Smaller and more frequent dosing may also help resolve this or discontinue use. Taking Xtingisher with a small amount of food may also reduce this effect.

This product contains D-ribose. D-ribose may cause hypoglycemia. Diabetics who use D-ribose should have blood glucose closely monitored. Diabetics should consult with their physician before using this product.

†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.



XTINGUISHER™

PHYSIO PERFORMANCE ENHANCER†



• Supports Explosive Power, Speed, Intensity, Endurance and Recovery†

• Train Harder and Longer†

• Delays Muscle Fatigue†



DIETARY SUPPLEMENT • NET WT. 435G (0.96lb)

Directions: As a dietary supplement mix one (1) scoop (approximately 14.5gm) 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. 14.5 gm)
Calories per Serving: 20

Servings Per Container: 30
Calories from Fat: 0

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

*Percent Daily Values are based on a 2,000 calorie diet.

**Daily Value not established.

Other Ingredients: Tricalcium Phosphate, Citric Acid, Natural & Artificial Fruit Punch Flavor (FD & C Red No. 40), Acesulfame Potassium and Sucralose Sweetener.

ALLERGY INFORMATION: Manufactured in a facility that processes milk, soy and egg proteins, peanuts, other tree nuts and wheat.

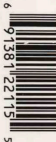
STORE IN A COOL, DRY PLACE IN THE ORIGINAL CONTAINER AWAY FROM MOISTURE AND SUNLIGHT. WHILE USING THE PRODUCT, STORING CONTAINER IN A REFRIGERATOR WILL PROLONG FRESHNESS. ALWAYS KEEP TIGHTLY SEALED. SHAKE WELL BEFORE EACH USE.



Natural Alternatives International (NAI) is the owner of patents 5,985,598, 6,172,696, 6,426,361, 6,680,294 and registered trademark CarnoSyn®



In regard to a serious athlete event, contact:
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