

Supplement Facts

Serving Size 1 Scoop (~32g)
Servings Per Container 25

Amount Per Serving		% DV	Amount Per Serving		% DV
Calories	81		Intra-Aid Proprietary	10,000mg	
Calories from Fat	9		Performance Blend™		
Total Fat	1g	1% *	Beta-alanine		**
Saturated Fat	0g	0% *	Taurine		**
Cholesterol	15mg	5% *	Leucine		**
Total Carbohydrates	10g	3% *	Isoleucine		**
Sugars	5g	**	Valine		**
Protein	8g	16% *	Arginine		**
Calcium	50mg	5%	Histidine		**
Magnesium	50mg	13%	Lysine		**
Sodium	100mg	4%	Methionine		**
Potassium	100mg	3%	Phenylalanine		**
			Threonine		**

*Percent Daily Value based on a 2000 calorie diet
**No Daily Value established

OTHER INGREDIENTS: Intra-Aid Carb Blend™ (maltodextrin, D-glucose, waxy maize), partially hydrolyzed whey protein concentrate (milk), (providing di-, tri-, oligo- and polypeptides), artificial flavor, citric acid, malic acid, sodium chloride, acesulfame potassium, lecithin (soy), sucralose, magnesium oxide, potassium chloride, FD&C blue #1 and calcium carbonate.

DOSAGE: Use during your workout to achieve best results. On workout days, mix 1 level scoop of Intra-Aid™ with 20 oz of your beverage of choice. To maximize your results, take 1 serving of Shock Therapy® pre-workout, 1 serving of Intra-Aid™ during the workout and 1 serving of Torrent™ post-workout. By combining all three, the entire anabolic window of opportunity that exists around the workout time is maximized.

WARNING: This product is not for use by any individual under the age of 18. Please consult with a physician before using this product. Do not take this product if you have or are at risk for any medical condition or disease including but not limited to diabetes, asthma, depression, recurrent headaches, glaucoma, difficulty urinating, prostate enlargement, seizure disorder, high blood pressure, high cholesterol, arthritis, heart disease, stroke, are pregnant, or are suffering from any inflammatory diseases. Be sure to talk to your physician before using this product if you are using any prescription drug, over-the-counter medication, or supplements. Not for use by children, patients, pregnant or nursing women. Immediately discontinue use and consult your physician if dizziness, sleeplessness, tremors, nervousness, agitation, headache, heart palpitations, or any side effects occur. Discontinue use two weeks prior to surgery. The use of this product may be banned by some athletic associations. Athletes should consult with their sanctioning authority before use. For State of California residents only: this product contains a chemical known to the State of California to cause birth defects or other reproductive harm. Exercise good judgment and keep this out of reach of children. Store this product in a cool, dry place, away from heat, moisture and sunlight. Do not exceed recommended dose. 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. This product is manufactured in a GMP facility that uses milk, soy, egg and peanuts.



MADE PROUDLY IN THE U.S.A.
Formulated, Tested & Manufactured By:
Universal Nutrition
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BLUE RASPBERRY

Ergogenic Intra-Workout Drink Supplement

Net Wt 1.74 lb (791g)

Bodybuilder's Workout Drink | Targeted Intra-Workout Performance Matrix | Hydrolyzed Protein

D2511-G



INTRA-AID

WHO WE ARE Universal Nutrition has been providing cutting edge and staple nutritional supplements to bodybuilders and hard training athletes the world over since 1977. As time passes, certain ideals never go out of style. Honesty. Integrity. Respect. These are the values we uphold and are the bedrock upon which we built our business. **WHAT IT IS** Intra-workout nutrition represents the next big nutritional frontier for bodybuilders and weightlifters. Why is targeted intra-workout supplementation so important? Here's a short list: proper rehydration, muscle and liver glycogen resynthesis, improved immune function, decreased muscle catabolism, increased muscle protein synthesis, increased muscle anabolism, faster recovery and training at a higher intensity. Intra-Aid™ brings intra-workout nutrition into the 21st century. It's a combination of key complexes that work in synergy to maximize the aforementioned benefits of workout supplementation. Intra-Aid™ consists of 5 potent components: fast-acting hydrolyzed protein, a highly specialized carbohydrate blend, critical electrolytes, an essential amino acid blend, and key ergogenic agents. Intra-Aid™ combines all of the scientific benefits of proper intra-workout supplementation, leaving out the guesswork. The gym water fountain and popular high fructose "sports" drinks may be good for the regular athlete, but for the serious weightlifter, they just can't compare. Think of Intra-Aid™ as first-aid for your workout. **HOW WE BACK IT UP** What is on the label is in the bottle and what is in the bottle will help you reach your goals. We guarantee it. Backed by our 100% ironclad money back guarantee, we proudly stand behind every item we produce. If for whatever reason you are not satisfied with any product bearing our name, simply return it to your place of purchase with a receipt for a full refund. Our word is our bond.