TRYING TO BET PREGNANT, OR NURSING, OR THOSE THAT ARE SENSITIVE TO BETA-ALANINE, CAFFEINE OR NIACIN. DO NOT CONSUME CAFFEINE WAS ALANINE OF THE REPORT OF THE SURGES WHILE TAKING THIS PRODUCT AS TOO MUCH CAFFEINE MAY CAUSE NEWFOUNDESS. RRITABILITY, SLEEPLESSNESS, AND OCCASIONALLY RAPID HEARTBEAT. BETA-ALANINE AND NIACIN MAY CAUSE A HARMLESS. TEMPORARY TINGLING OR FLUSHING SENSATION

Do not combine with alcohol. Consume as part of a healthy diet and exercise program, and drink at least 100 oz of water per day. Exercise may increase your need for additional fluid intake. Keep out of reach of children. Store in a cool dry place away from

DIRECTIONS: Mix 1 scoop with 4-6 oz of cold water and consume 20-30 minutes before training. Do not take more than 2 scoops

Approximately 200mg of caffeine perserving. WHILE MIXING N.O.-XPLODE^{IM}, DO NOT SHAKE, STIR POWDER WITH UTENSIL.
PHENYLKETONURICS: CONTAINS PHENYLALANINE.





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OTHER INGREDIENTS: Natural and Artificial Flavors, Citric Acid, Malic Acid, Tartaric Acid, Calcium Silicate, Silicen Dioxide, Sucralose

Acesulfame Potassium, FD&C Red # 40, FD&C Blue #2

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