DIRECTIONS: Mix each scoop with 6-8 oz of water and consume 20-30 minutes before training. Start with 1 scoop or less to assess your tolerance.

DO NOT EXCEED 2 SCOOPS PER DAY.

CHOOSE YOUR STRENGTH

SCOOP #	🥄	🥄🥄
ENERGY LEVEL▲	**INTENSE**	**EXTREME**
CAFFEINE	175 MG	350 MG
BETA-ALANINE	1.5 G	3 G
CREATINE MONOHYDRATE	3 G	6 G
L-CITRULLINE MALATE	1.5 G	3 G

- ENERGY & FOCUS▲
- ENHANCED ENDURANCE▲*
- PERFORMANCE SUPPORT▲*
- PRECURSOR TO N.O.▲*

WARNING: CONSULT YOUR PHYSICIAN BEFORE USING THIS PRODUCT IF YOU ARE TAKING ANY MEDICATIONS OR ARE UNDER A PHYSICIAN'S CARE FOR A MEDICAL CONDITION. NOT FOR USE BY THOSE UNDER THE AGE OF 18. WOMEN THAT ARE PREGNANT, TRYING TO GET PREGNANT, OR NURSING, OR THOSE THAT ARE SENSITIVE TO CAFFEINE, NIACIN OR BETA-ALANINE, DO NOT CONSUME CAFFEINE FROM OTHER SOURCES WHILE TAKING THIS PRODUCT AS TOO MUCH CAFFEINE MAY CAUSE NERVOUSNESS, IRRITABILITY, SLEEPLESSNESS, AND OCCASIONALLY RAPID HEARTBEAT. BETA-ALANINE AND NIACIN MAY CAUSE A HARMLESS, TEMPORARY TINGLING OR FLUSHING SENSATION.

KEEP OUT OF REACH OF CHILDREN.

DO NOT COMBINE WITH ALCOHOL. CONSUME AS PART OF A HEALTHY DIET AND EXERCISE PROGRAM, AND DRINK AT LEAST 1 TOTAL OF WATER PER DAY. DO NOT EXCEED MAXIMUM RECOMMENDED DAILY INTAKE.

STORE IN A COOL, DRY PLACE.
CONTENTS SOLD BY WEIGHT NOT VOLUME.

CONTAINS 175 MG OF CAFFEINE PER SCOOP

▲ 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.

CarnoSyn® CarnoSyn® a patented and commercially owned by Natural Alternatives Int'l used for...

Creapure™ a registered trademark of AlzChem Trostberg GmbH

AstraGin™ AstraGin™ is a trademark owned by NuLiv Science, USA, Inc.

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INFORMED-CHOICE is a quality assurance program for sports nutrition products. The program certifies that all nutrition supplements that bear the Informed-Choice logo have been tested for banned substances by the world class sports anti-doping lab, HFL Sport Science.

*WHEN TAKEN AT THE MAXIMUM RECOMMENDED DOSE OVER TIME.

TRUE STRENGTH
WWW.OPTIMUMNUTRITION.COM

1 (800) 705-5226 TRUESTRENGTH.COM

ON OPTIMUM NUTRITION®

175 MG CAFFEINE FROM NATURAL SOURCES | 1.5 G BETA-ALANINE | 3 G CREATINE MONOHYDRATE

GOLD STANDARD

PRE-WORK OUT™

WATERMELON
Natural & Artificially Flavored

BANNED SUBSTANCE FREE ✓

20% BONUS SIZE

ENERGY▲ **+ FOCUS**▲ **+ ENDURANCE**▲*

DIETARY SUPPLEMENT **36 SERVINGS**

NET WT. 12.7 OZ (360 G)

Supplement Facts

Serving Size		1 Scoop (10 g)		2 Scoops (20 g)	
Servings Per Container		36		18	
Amount Per Serving			**% Daily Value**		**% Daily Value**
Calories		5		10	
Total Carbohydrate		1 g	1%▪	2 g	1%▪
Vitamin D (as Cholecalciferol)		500 IU	125%	1,000 IU	250%
Thiamin (as Thiamin HCl)		2 mg	133%	4 mg	267%
Niacin (as Nicotinic Acid)		20 mg	100%	40 mg	200%
Vitamin B6 (as Pyridoxine HCl)		2 mg	100%	4 mg	200%
Folic Acid		200 mcg	50%	400 mcg	100%
Vitamin B12 (as Cyanocobalamin)		10 mcg	167%	20 mcg	333%
Pantothenic Acid (as D-Calcium Pantothenate)		10 mg	100%	20 mg	200%
Muscle Matrix▲					
Creatine Monohydrate (as Creapure®)		3 g	†	6 g	†
AstraGIN® Proprietary Blend [Astragalus membranaceus Extract (root) & Panax notoginseng Extract (root)]		25 mg	†	50 mg	†
Performance Composite▲					
L-Citrulline Malate		1.5 g	†	3 g	†
Beta-Alanine (as CarnoSyn®)		1.5 g	†	3 g	†
Energy & Focus Complex▲					
Acetyl-L-Carnitine HCl		375 mg	†	750 mg	†
N-Acetyl-L-Tyrosine		250 mg	†	500 mg	†
Caffeine		175 mg	†	350 mg	†
Citrus Bioflavonoids		100 mg	†	200 mg	†

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

OTHER INGREDIENTS: Natural & Artificial Flavors, Citric Acid, Malic Acid, Silicon Dioxide, Calcium Silicate, Caffeine (from Tea and/or Coffee Bean), Gum Blend (Cellulose Gum, Xanthan Gum, Carrageenan), Sucralose, Beet Juice Powder, Tartaric Acid, Acesulfame Potassium.

MANUFACTURED IN THE USA
This product is manufactured and packaged in a facility which may also process milk, soy, egg, peanuts, tree nuts, fish, shellfish and wheat.

MANUFACTURED BY OPTIMUM NUTRITION
875 Meridian Lake Dr., Aurora, IL 60504

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FPO UPC