

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 #	1	2
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

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 10 OZ OF WATER PER DAY. EXERCISE MAY INCREASE YOUR NEED FOR FLUID 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.

TRUE STRENGTH
WWW.TRUESTRENGTH.COM

1 (800) 705-5226 TRUESTRENGTH.COM



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

GOLD STANDARD

PRE-WORKOUT

BLUEBERRY LEMONADE
Naturally & Artificially Flavored

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



CarnoSyn® is a registered trademark owned by Nutra Advanced Inc.



Creapure® is a registered trademark owned by Cargill, Inc.



AstraGin® is a registered trademark owned by Nutra Advanced Inc.



Trusted by sport

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

* WHEN TAKEN AT THE MAXIMUM RECOMMENDED DOSE OVER TIME.

20%
BONUS
SIZE

BANNED
SUBSTANCE
FREE

ENERGY ^ + FOCUS ^ + ENDURANCE ^*

DIETARY SUPPLEMENT
NET WT. 12.7 OZ (360 G) 36 SERVINGS

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.

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FPO UPC

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, Tartaric Acid, Acesulfame Potassium, FD&C Blue #1.

MANUFACTURED BY: ON OPTIMUM NUTRITION

MANUFACTURED IN THE USA