

The StrongGirl™ Pre-workout Advantage

StrongGirl™ Pre-Workout is designed to help power you through your toughest workouts. Providing explosive energy and intensity, StrongGirl™ Pre-Workout will help you build more strength and enhance your performance. It is formulated with ingredients such as CarnoSyn® beta-alanine, quercetin, caffeine, and L-carnitine L-tartrate, along with green tea extract – which was recently studied exclusively on women for its impact on strength.* Plus it mixes instantly and tastes great! Choose StrongGirl™ Pre-Workout to get more out of your workouts!

The StrongGirl™ Promise

You demand more out of your training, more out of life, and more out of your nutrition — You're a Strong Girl. You're a fitness fanatic, a weekend warrior, an obstacle course enthusiast, a recreational athlete, a busy mom and a strong, active woman. You're bold, inspiring, and forever improving. **StrongGirl™** supplements are designed to help you achieve your goals and be the best version of yourself. Its premium nutrition and effective formulas so you can be beautiful and strong — both inside and out. You're a **StrongGirl™**.

Be The Best You! Be Positive. #BeStrong.

The StrongGirl™ Advantage

- ✓ Formulated For Women
- ✓ Developed with Scientifically Researched Key Ingredients
- ✓ Free of Banned Substances
- ✓ Free of Harmful Impurities
- ✓ Free of Undeclared Ingredients

For more information, including recipes, workouts, tips and inspiration, join our social communities:

 StrongGirl  @stronggirlnutrition

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Stronggirl.com

NEW

STRONGgirl™
created by women, for women

PRE WORKOUT♀

POWERFUL & ENERGIZING
PERFORMANCE MOTIVATOR*

- **Amazing Energy, Strength & Focus***
- **Key Ingredient Shown to Boost Strength in Women***
- **With Green Tea, L-Carnitine, Quercetin & More**

30 Servings

DIETARY SUPPLEMENT
NET WT. 7.73 oz. (219g)

Strawberry Mojito
NATURAL AND ARTIFICIAL FLAVORS

3g
Pre-Workout
Blend

0g
Sugar

Zero
Creatine

Mixes Instantly
TASTES GREAT!

Supplement Facts

Serving Size: 1 Scoop (7g)
Servings Per Container: Approx. 30

	% Daily Value
Calories	20
Total Carbohydrate	3g 1%*
Sugars	0g †
Vitamin B6 (as pyridoxine HCl)	1.6mg 80%
Vitamin B12 (as cyanocobalamin)	2mcg 33%
Sodium	5mg <1%
Pre-Workout Energy + Focus Blend	3,053mg †
Beta-alanine (CarnoSyn®)	†
Taurine	†
Green tea extract (as <i>Camellia sinensis</i> (leaf))	†
Standardized for EGCG	†
L-carnitine L-tartrate	†
Caffeine (as caffeine anhydrous and green tea extract)	†
Supplying 125mg of caffeine	†
Quercetin (as quercetin dihydrate)	†
Choline bitartrate	†
Japanese raisin tree extract (as <i>Hovenia dulcis</i> (fruit))	†
Rhodiola extract (as <i>Rhodiola rosea</i> (root))	†
Standardized for salidroside and rosavins	†
L-theanine	†

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

† Daily Value not established.

Other Ingredients: Maltodextrin, Natural & Artificial Flavors, Citric Acid, Red Beet Powder (Color), Gum Blend (Cellulose Gum, Xanthan Gum, Carrageenan), Acesulfame-potassium, Sucralose, Calcium Silicate, FD&C Red No. 40. **Processed in a facility that processes Milk, Soy, Egg, Wheat And Tree Nut Ingredients.**

*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.

DIRECTIONS: To assess your tolerance, follow the chart provided. Once your tolerance has been assessed, take 2 servings (2 scoops) with 6 to 12 oz. of water and consume 30 to 45 minutes before your workout. Do not exceed 2 scoops in a 24-hour period. Drink 10 glasses of water daily for general good health. Read the entire label before use and follow directions provided.

Day 1 & Day 2	1 Scoop, 1x daily
Day 3 & Beyond	2 Scoops, 1x daily

WARNING: Not intended for use by persons under 18. Do not use if pregnant or nursing. Some individuals may experience a harmless tingling sensation from the concentrated performance dose of beta-alanine. One serving of this product contains up to as much caffeine as 1.5 cups of coffee. Caffeine sensitive individuals may experience the following symptoms including, but not limited to, restlessness, nervousness, tremors, headache, anxiety, palpitations, increased heart rate, or difficulty sleeping. Do not combine with other sources of caffeine. Consult a medical doctor if you have a medical condition or before starting any diet or exercise program. **KEEP OUT OF REACH OF CHILDREN.**

StrongGirl™ Pre-Workout is manufactured according to cGMP standards, as is required for all dietary supplements.

Do not use if packaging has been tampered with.

Store in a cool, dry place
(60°F to 80°F).

CarnoSyn
Carnosine Synthetizer

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