

CLEAN

PRE-WORKOUT

- **CLEAN: NO ARTIFICIAL** colors, flavors or sweeteners; **NON-GMO.**
- Supports healthy **ENERGY** levels, **FOCUS, STRENGTH** and **MUSCLE ENDURANCE.**¹
- Natural herbs help stimulate the mind for improved **FOCUS** and **MENTAL CLARITY** to help improve workout **PERFORMANCE.**¹
- Over 72 naturally-occurring **ELECTROLYTES** from **CONCENTRACE®** to enhance **HYDRATION** levels for sustained **PERFORMANCE** and reduced muscle cramps.¹
- Supports growth of **LEAN MUSCLE** and helps maintain **MUSCLE STRENGTH** and **POWER.**¹
- Supports the body's ability to **FIGHT** off muscle fatigue.¹
- Nutrient support for all types of workouts, including **STRENGTH & ENDURANCE** training for **MEN & WOMEN.**

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CLEAN

PRE
WORKOUT

SUPERCHARGED WITH CONCENTRATE®
NO ARTIFICIAL COLORS, FLAVORS, OR SWEETENERS
FAST SINGLE-SERVING PACKETS

CLEAN UP YOUR WORKOUT!

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BIOGRAPHY SUPPLEMENT
390 - BARRY CLIFFORD PACEY

CONTENTS

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PRE-WORKOUT

MENTAL FOCUS/ENERGY BLEND - **D-RIbose** is an essential component of ATP, the compound that stores and delivers energy in all cells.⁴ **GUARANA & GREEN TEA LEAF** provide natural sources of caffeine to boost intensity, alertness, and drive.¹ **CHOLINE & GINSENG EXTRACT** help support cognitive function and mental focus.¹

BCAA BLEND - a 2:1:1 ratio is best before workouts and helps stimulate muscle protein synthesis and stave off muscle fatigue.¹

POWER, STRENGTH, & ENDURANCE BLEND - **CREATINE** is used in the body to make ATP, providing energy, power, and strength to the muscles.¹ **BETA-ALANINE** aids in the production of carnosine, which aids in muscle endurance during high-intensity exercise and strength training.² **CHINESE GINSENG, RHODOLA ROOT, ELEUTHERO ROOT, QUERCETIN, & ALPHA LIPONIC ACID** are added to help the body fight fatigue, increase endurance, & adjust to the stress of exercise.³

NITRIC OXIDE BOOST/CIRCULATION BLEND - L-CITRULLINE is converted to L-ARGININE and then to nitric oxide in the body for sustained energy and strength.¹ **ORGANIC BEET ROOT** provides natural nitric oxide donors to dilate blood vessels for improved oxygen delivery, enhancing endurance and performance.²

ELECTROLYTES - CONCENTRACE® along with added sodium and potassium provide over 72 electrolytes to support efficient hydration.*

B-VITAMIN COMPLEX - a full spectrum of B-vitamins, including **B12**, **NIACIN**, & **B6** help support the body's metabolism of proteins, fats, and carbohydrates and are essential to cellular growth and repair.¹

WATER

WHY WOULD YOU EAT *CLEAN* AND THEN TAKE DIRTY SUPPLEMENTS?

Supplement Facts

Training Date: 11/05/2013
Training Time: 11:00 AM

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Case number	Age (years)	Sex	Location	Year
1	25	Male	London	1998
2	32	Female	London	1999
3	41	Male	London	2000
4	28	Female	London	2001
5	35	Male	London	2002
6	45	Female	London	2003
7	52	Male	London	2004
8	60	Female	London	2005
9	68	Male	London	2006
10	75	Female	London	2007
11	82	Male	London	2008
12	88	Female	London	2009
13	95	Male	London	2010
14	102	Female	London	2011
15	108	Male	London	2012
16	115	Female	London	2013
17	122	Male	London	2014
18	128	Female	London	2015
19	135	Male	London	2016
20	142	Female	London	2017
21	148	Male	London	2018
22	155	Female	London	2019
23	162	Male	London	2020
24	168	Female	London	2021
25	175	Male	London	2022
26	182	Female	London	2023
27	188	Male	London	2024
28	195	Female	London	2025
29	202	Male	London	2026
30	208	Female	London	2027
31	215	Male	London	2028
32	222	Female	London	2029
33	228	Male	London	2030
34	235	Female	London	2031
35	242	Male	London	2032
36	248	Female	London	2033
37	255	Male	London	2034
38	262	Female	London	2035
39	268	Male	London	2036
40	275	Female	London	2037
41	282	Male	London	2038
42	288	Female	London	2039
43	295	Male	London	2040
44	302	Female	London	2041
45	308	Male	London	2042
46	315	Female	London	2043
47	322	Male	London	2044
48	328	Female	London	2045
49	335	Male	London	2046
50	342	Female	London	2047
51	348	Male	London	2048
52	355	Female	London	2049
53	362	Male	London	2050
54	368	Female	London	2051
55	375	Male	London	2052
56	382	Female	London	2053
57	388	Male	London	2054
58	395	Female	London	2055
59	402	Male	London	2056
60	408	Female	London	2057
61	415	Male	London	2058
62	422	Female	London	2059
63	428	Male	London	2060
64	435	Female	London	2061
65	442	Male	London	2062
66	448	Female	London	2063
67	455	Male	London	2064
68	462	Female	London	2065
69	468	Male	London	2066
70	475	Female	London	2067
71	482	Male	London	2068
72	488	Female	London	2069
73	495	Male	London	2070
74	502	Female	London	2071
75	508	Male	London	2072
76	515	Female	London	2073
77	522	Male	London	2074
78	528	Female	London	2075
79	535	Male	London	2076
80	542	Female	London	2077
81	548	Male	London	2078
82	555	Female	London	2079
83	562	Male	London	2080
84	568	Female	London	2081
85	575	Male		

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*Therapeutic Drug Monitoring (TDM) can be described as (L100) - monitor what?

Other Ingredients: Certified organic cane sugar, natural raspberry and strawberry flavors, food color and citric acid without other.

Allegiant Air contains no known allergens. **CAUTION FREE**
 Reopened New Open jacket, add contents to 1-10 oz of
 water and mix well. Take 15-30 minutes before workout for
 best results. **CAUTION FREE**

WARNING: Consult a health care professional prior to use. Do not use if you are pregnant, nursing, sensitive to caffeine, under the age of 18, have any chronic or expected medical conditions, or/and if you are taking any prescription or OTC medications. The caffeine content in this product is equivalent to about 4-5oz of coffee. Too much caffeine may cause nervousness, irritability, sleeplessness, and, occasionally, rapid heartbeat. Usage may vary with the strength of use and extent your tolerance. Once tolerance is assessed, take a maximum dose of 1 serving daily. To avoid sleeplessness, do not consume within 6 hours of bedtime. 100% NATURAL. © 2005 GNC. 100% NATURAL.



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