FAST TWITCH PROVIDES 3 NUTRIENT BLENDS TO INCREASE YOUR WORKOUT PERFORMANCE†

ENERGY AND FOCUS AMPLIFYING MATRIX

✔ **CAFFEINE/TAURINE/GLUCURONOLACTONE BLEND**
To help support focus, reaction time, and decision making – key attributes for high performance athletes†‡

POWER NITRIC OXIDE MATRIX

✔ **CREAPURE® CREATINE MONOHYDRATE/BETAINE ANHYDROUS**
Supports muscle mass and strength†‡

✔ **L-CITRULLINE/L-ARGININE**
Combination of nitric oxide (NO) donors†

LEAN MUSCLE MATRIX

✔ **L-GLUTAMINE/WHEY PROTEIN HYDROLYSATE**
Glutamine is the most abundant amino acid in muscles. Whey peptides supply essential amino acids†

†Based on two servings of Fast Twitch.

Since we founded **CytoSport**™ in 1998, we've been dedicated to working with sports scientists, coaches and trainers to redefine protein enhanced products for serious athletes and active lifestyle individuals – supporting performance when it matters.

Over the years, we've expanded to create a comprehensive product line that encompasses the athletic experience from preparation, to hydration, to recovery. Our plant is a **NSF International GMP for Sport® Registered** facility, inspected and regulated by the **FDA**.

We carefully manufacture our powder products onsite at our corporate campus in Benicia, California. Making efficacious products for athletes and active lifestyle individuals requires responsibility on all fronts. As our business has grown, so has our footprint. We have made environmental sustainability a focus and driver in everyday decision making. For more information, please visit our website.

Through it all, **CytoSport** has been committed to one thing, *Building Athletes from the Inside Out*™.

The CytoSport Team

†These statements have not been evaluated by the Food and Drug Administration. This product is not intended to treat, cure, prevent or diagnose any disease.

BUILDING ATHLETES FROM THE INSIDE OUT™

CytoSport

CYTOMAX® FAST TWITCH®

WORKOUT ENERGY SUPPLEMENT†

TASTE SATISFACTION GUARANTEED

FRUIT PUNCH
NATURALLY AND ARTIFICIALLY FLAVORED

NET WT 32.5 OZ (2.03 LBS/920g)

150mg CAFFEINE

reapure® CREATINE MONOHYDRATE

NITRIC OXIDE PRECURSORS†

SUGAR FREE
NOT A REDUCED CALORIE FOOD

*FREE OF BANNED SUBSTANCES

NSF Certified for Sport™ www.nsf.org

PRE | DURING | POST

Supplement Facts

Serving Size 8 tsp (23g) (1 scoop)
Servings Per Container 40

	Amount Per Serving	%DV*
Calories	45	
Total Carbohydrate	11 g	4%*
Sugars	0 g	
Vitamin C (as ascorbic acid)	60 mg	100%
Vitamin E (as dl-alpha-tocopheryl acetate)	30 IU	100%
Vitamin B6 (as pyridoxine hydrochloride)	4 mg	200%
Folate (as folic acid)	400 mcg	100%
Vitamin B12 (as cyanocobalamin)	15 mcg	250%
Sodium	65 mg	3%
Potassium	250 mg	7%
Taurine	1 g	**
Glucuronolactone	600 mg	**
Caffeine	150 mg	**
Betaine Anhydrous	2.5 g	**
Creatine Monohydrate	1.5 g	**
L-Arginine	2 g	**
L-Citrulline	1 g	**
Glycocyamine	600 mg	**
L-Glutamine	500 mg	**
Whey Protein Hydrolysate	100 mg	**
Alpha Lipoic Acid	60 mg	**

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

FOR INFORMATION ON CYTOSPORT PRODUCTS OR TO REPORT ADVERSE EFFECTS CALL 1-888-298-6629 OR EMAIL PRODUCTQUESTIONS@CYTOSPORT.COM
CYTOSPORT, BENICIA, CA 94510
WWW.CYTOSPORT.COM

GLUTEN FREE

OTHER INGREDIENTS: MALTODEXTRIN, CITRIC ACID, MALIC ACID, NATURAL AND ARTIFICIAL FLAVORS, POTASSIUM CITRATE, ACESULFAME POTASSIUM, SODIUM CITRATE, GUM BLEND (CELLULOSE GUM, XANTHAN GUM, CARRAGEENAN), SUCRALOSE, SOY LECITHIN, CARMINE (ADDED FOR COLOR).

CONTAINS INGREDIENTS DERIVED FROM MILK AND SOY.

THIS PRODUCT IS MANUFACTURED IN A FACILITY THAT PROCESSES MILK, SOY, WHEAT AND EGGS.

DIRECTIONS and USE

CYTOMAX FAST TWITCH® contains Caffeine. Individuals sensitive to caffeine or other stimulants should not use this product. **All consumers should read the product warning prior to use.** For best results mix 1 scoop/serving with 16 fl-oz of water and consume approximately 10-30 minutes before training. Individuals looking for an additional boost during longer training sessions may choose to consume a second or third serving throughout their workout/training. **Do not consume more than 3 servings/scoops in a 24 hour period.**

Creapure® is a licensed registered trademark of AlzChem Trostberg GmbH.

WARNING: DO NOT USE IF YOU ARE UNDER THE AGE OF 18 OR ELDERLY. DO NOT TAKE WITH ANY OTHER STIMULANT OR WEIGHT-LOSS SUPPLEMENT OR ANY PRESCRIPTION OR OVER THE COUNTER MEDICINE. DO NOT EXCEED 3 SERVINGS IN A 24 HOUR PERIOD. Do not use if you are pregnant or nursing or at risk of being treated for high-blood pressure, heart disease, hyperthyroidism, spasms, psychiatric disease, suffer from migraines, have asthma, or are taking asthma medication. Discontinue use if you experience dizziness, headache, nausea, or heart palpitations. If you have trouble sleeping, do not take within 6 hours of bedtime. **KEEP OUT OF REACH OF CHILDREN.** This product should only be used by healthy adults age 18 and older.

**Our products are tested for athletic banned substances in compliance with the NSF International Certified for Sport® program, which includes semi-annual facility audits, verifying that no NSF 306-Certification Guideline Annex A List banned substances exist in our facility.*

PLEASE RECYCLE

MADE IN USA

L-80001-REV04.03/13

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