

TMRFIT SERIES

CLEAN



PRE WORKOUT

SUPERCHARGED WITH CONCENTRACE®
NO ARTIFICIAL COLORS, FLAVORS, OR SWEETENERS

CLEAN UP YOUR WORKOUT!

ENERGY[‡]FOCUS[‡]STRENGTH[‡]ENDURANCE[‡]

**RASPBERRY LEMONADE
FLAVOR**

NON-GMO

liquimins™

DIETARY SUPPLEMENT
NET WT 13 OZ (368g)

**CONTAINS
CAFFEINE**

Supplement Facts

Serving Size 2 level scoops (18.4g)
Servings Per Container 20

Amount Per Serving		%DV
Calories	30	
Total Carbohydrate	7g	2%*
Sugars	3g	
Vitamin C (as Ascorbic Acid)	100mg	166%
Thiamin	0.45mg	30%
Riboflavin	0.5mg	29%
Niacin	10mg	50%
Vitamin B6 (as Pyridoxine HCL)	10mg	500%
Folic Acid	100mcg	25%
Vitamin B12 (as Methylcobalamin)	24mcg	400%
Pantothenic Acid (as D-Calcium Pantothenate)	5mg	50%
Magnesium (from Concentrace®)	30mg	8%
Chloride (from Potassium Chloride, Concentrace®)	90mg	3%
Sodium (as Sodium Citrate)	20mg	1%
Potassium (from Potassium Chloride)	30mg	<1%

Mental Focus/Energy Blend 4531mg †
Tapioca Starch, Guarana, D-Ribose, Green Tea leaf, Choline Citrate, Ginkgo Biloba leaf powder, (Net Caffeine = 150mg).

Power, Strength, & Endurance Blend 3301mg †
Creatine Monohydrate, Beta-Alanine, Creatine HCL, Chinese Ginseng, Rhodiola root powder, Eleuthero root powder, Quercetin Dihydrate powder, Alpha Lipoic Acid.

Nitric Oxide Boost/Circulation Blend 2500mg †
L-Citrulline, AAKG L-Arginine, Organic Beet Root powder.

BCAA 2:1:1 Blend 2000mg †
L-Leucine, L-Isoleucine, L-Valine.

Concentrace® Electrolyte Blend 500mg †
A complex of over 72 naturally occurring ionic trace minerals from the Great Salt Lake.

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

Other Ingredients: Certified organic cane sugar, natural raspberry and citrus flavors (lemon, lime), citric acid, stevia leaf extract, silica.
Allergen Info: contains no known allergens. **GLUTEN FREE.**

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

CLEAN UP YOUR WORKOUT!

PRE-WORKOUT is the all-in-one workout supplement that's part of our **TMRFIT™ SERIES** of **clean** sports nutrition products. It contains NO artificial colors, flavors, or sweeteners and is non-GMO. It's been carefully formulated to help prepare your mind and your muscles for intense training and performance.[‡] It contains important nutrients like BCAA's, creatine, beta-alanine, citrulline, arginine, natural caffeine, and B-vitamins to help support mental focus, energy, strength, power, endurance, circulation, hydration, and immune function.[‡] It's supercharged with Concentrace®, which provides over 72 naturally occurring electrolytes to support efficient hydration and nutrient assimilation.[‡]

Suggested Use: Mix 2 level scoops with 16-20 ounces of water in a glass or shaker bottle and mix well. Drink 15-30 minutes before workout for best results. **CERTIFIED VEGAN.**

NOTICE: 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 known or suspected medical conditions, and/or if you are taking any prescription or OTC medications. The caffeine content in this product is equivalent to about 6-8 oz of coffee. Too much caffeine may cause nervousness, irritability, sleeplessness, and, occasionally, rapid heartbeat. Begin use with ½ the serving size or less and assess 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. KEEP OUT OF REACH OF CHILDREN.

cGMP



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[‡] 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.

