



BOOST ENERGY*

FAT BURNER*

ENERGY*

STRENGTH*

AM PRE INTRA POST PM
● ● ● ● ●



WOMEN'S ELITE™

PRE-WORKOUT

CON-CRĒT®
REINFORCED™



DIETARY SUPPLEMENT

BURN FAT*

PERFORMANCE*

**DESIGNED FOR
WOMEN BY WOMEN**

AWARD WINNING **Capsimax™**

- Promotes Fat Loss*
- Promotes Lean Muscle*
- Promotes Healthy Metabolism*

AWARD WINNING **CON-CRĒT**

- Promotes Cellular Energy*
- Helps Improve Recovery*
- No Water Retention/Bloating*

CAFFEINE FREE & 0 CALORIES

WARNINGS: Not intended for individuals under the age of 18. Consult your physician before using this product and if you are taking any prescription or over the counter medications or supplements. **DO NOT TAKE IF YOU ARE PREGNANT, CONTEMPLATING PREGNANCY OR NURSING.** In the event of any adverse reaction discontinue use immediately and consult a physician. **STORE IN A COOL DRY PLACE. KEEP OUT OF REACH OF CHILDREN.**

*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.



Supplement Facts

Serving Size 1 Capsule (820 mg)
Servings Per Container 60

	Amount Per Serving	% DV**
Vitamin B3 (As Niacin)	12.5 mg	63%
Vitamin B6 (As Pyridoxine HCl)	5 mg	250%
Folate (As Folic Acid)	200 mcg	50%
Vitamin B12 (As Cyanocobalamin)	200 mcg	3333%
Biotin	250 mcg	83%
Chromium (As Chromium Picolinate)	200 mcg	167%
Performance Blend	802 mg	†
Creatine HCl (CON-CRĒT®), Red Pepper Fruit (Capsimax™, Capsicum Fruit Extract at 2% Capsaicinoid) Black Pepper Fruit Extract (BioPerine®)		

**Percent Daily Values are based on a 2,000 calorie diet.
† Daily Value Not Established

OTHER INGREDIENTS: Gelatin, Plant Cellulose, Silicon Dioxide, Magnesium Stearate.

GLUTEN FREE, Capsules are Vegetarian Society Approved, Halal, Kosher

RECOMMENDED ADULT USE: As a dietary supplement take 30 to 45 minutes prior to training with approximately 4-6 ounces of water. **NORMAL TRAINING:** Up to 2 servings (2 scoops). **INTENSE TRAINING:** 2-3 servings (2-3 scoops). **OFF DAYS:** Can take 1 serving (1 scoop) to assist in muscle recovery. Can be taken on an empty stomach. **MIX AND DRINK IMMEDIATELY.**

Manufactured for ProMera Health LLC • 61 Accord Park Drive • Norwell, MA 02061. Manufactured in the U.S.A. from international and domestic ingredients. ProMera Sports™ is a Division of ProMera Health LLC.

©2013 All Rights Reserved. promerasports.com

REV 2015



CON-CRĒT® and CON-CRĒT® REINFORCED™ are registered trademarks of ProMera Health, LLC.

Capsimax™ is a Registered Trademark of OmniActive Health Technologies.

BioPerine® is a Registered Trademark of Sabinsa Corporation.

60 CAPSULES