









1 SCOOP IN ANY 24 HOUR PERIOD OR USE MORE THAN 5 DAYS IN

Suggested Use: As a dietary supplement, mix 1 heaping scoop of PRE into 12-14 ounces of water and consume 30-45 minutes prior to resistance training. Vary the amount of water to achieve your desired

flavor level. PRE is extremely powerful, first time users should begin

use with 1/2 scoop or less to assess your tolerance. DO NOT EXCEED

before workout ALLERGEN FREE | GLUTEN FREE | BSE/TSE FREE

Warning: KEEP OUT OF REACH OF CHILDREN. This product is only intended to be consumed by healthy adults 18 years of age or older. Do not use if you are pregnant, breast feeding, sensitive to caffeine, have known medical conditions (including but not limited to kidney, heart or liver disease) or are taking prescription or OTC medication(s). Consult with your health care practitioner before using this product. Do not use under extreme conditions of heat, CARDIOVASCULAR EXERTION or dehydration, CONTAINS CAFFEINE. Do not use with caffeine or stimulant-containing medications, foods or beverages because too much caffeine may cause nervousness, irritability, sleeplessness and occasionally rapid heartbeat. Discontinue use and consult with your health care professional if you experience any adverse reaction to this product. Do not exceed recommended

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Cluster Dextrin®

CarnoSyn by Natural Alternatives International, Inc. (NAI). NAI is also

FDA Registration: 16906175560

INTENSIFY INCREASE RESIST FOCUS & DRIVE* POWER & ENDURANCE* MUSCLE FATIGUE



INSPECTED FACILITY

Amon	Amount Per
Calories	
Total Carbohydrate	
Vitamin C	15
Vitamin B3 (as niacin)	(1)
Vitamin B6 (as pyridoxine HCI)	4)
Vitamin B12 (as methylcobalamin)	150
Calcium	0,
Phosphorus	0)
Magnesium	4
:	

ner: 20	Amoun		te
Servings per container: 20		Calories	Total Carbohydrate

Amount Per
Calories
Total Carbohydrate
Vitamin C 150
Vitamin B3 (as niacin)
a City of the City

itamin C	150 mg	
(itamin B3 (as niacin)	30 mg	
'itamin B6 (as pyridoxine HCI)	50 mg	١
'itamin B12 (as methylcobalamin)	150 mcg	
alcium	95 mg	
hosphorus	95 mg	
/agnesium	40 mg	
odium	50 mg	
otassium	80 mg	
Rapid Glycogen Pre-load System	00 11	9

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