

**MENTAL FOCUS⁺ • ENERGY⁺ • IMMUNE SUPPORT⁺ • POWER⁺
STRENGTH⁺ • CIRCULATION⁺ • ENDURANCE⁺ • HYDRATION⁺**

**BCAA'S • CREATINE • CITRULLINE • CARNOSYN[®] BETA-ALANINE
ARGININE • NATURAL CAFFEINE • B-VITAMINS • CONCENTRACE[®]**

**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 with the right potency of important nutrients to help prepare your mind and your muscles for intense training and performance.[†]

Suggested Use: Mix 1 level scoop with 8-10 ounces of water in a glass or shaker bottle and mix well. Drink 15-30 minutes before workout for best results. For higher intensity workouts, an additional serving may be taken. **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 3-4 oz of coffee. Too much caffeine may cause nervousness, irritability, sleeplessness, and, occasionally, rapid heartbeat. Begin use with 1 serving size or less and assess your tolerance. Once tolerance is assessed, take a maximum dose of 2 servings daily. To avoid sleeplessness, do not consume within 6 hours of bedtime. **KEEP OUT OF REACH OF CHILDREN.**



Trace Minerals Research
P.O. Box 429 • Roy, Utah 84067
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801-731-6051



[†] 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.



r-M6Y15



American Vegetarian Association

PRE 40-SERV JAR



FEATURES:

**BCAA'S • CREATINE • CITRULLINE
CARNOSYN[®] BETA-ALANINE
ARGININE • NATURAL CAFFEINE
B-VITAMINS • CONCENTRACE[®]**

BENEFITS:

**MENTAL FOCUS⁺ • ENERGY⁺
POWER⁺ • STRENGTH⁺ • ENDURANCE⁺
CIRCULATION⁺ • HYDRATION⁺
IMMUNE SUPPORT⁺**



40 SERVINGS!

**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 (408g)**

**CONTAINS
NATURAL CAFFEINE**

**NEW!
IMPROVED FLAVOR!**



Supplement Facts

Serving Size 1 level scoop (10.2g)
Servings Per Container 40

	1 Scoop	2 Scoops
Amount Per Serving	%DV	%DV
Calories	20	35
Total Carbohydrate	5g 2%*	9g 3%*
Sugars	4g	8g
Vitamin C (as Ascorbic Acid)	50mg 83%	100mg 166%
Thiamin	0.23mg 15%	0.45mg 30%
Riboflavin	0.25mg 15%	0.5mg 30%
Niacin	5mg 25%	10mg 50%
Vitamin B6 (as Pyridoxine HCL)	5mg 250%	10mg 500%
Folic Acid	50mcg 13%	100mcg 25%
Vitamin B12 (as Methylcobalamin)	12mcg 200%	24mcg 400%
Pantothenic Acid (as D-Calcium Pantothenate)	2.5mg 25%	5mg 50%
Magnesium (from Concentrace [®])	15mg 4%	30mg 8%
Chloride (from Potassium Chloride, Concentrace [®])	45mg 2%	90mg 4%
Sodium (as Sodium Citrate)	10mg <1%	20mg 1%
Potassium (from Potassium Chloride)	15mg <1%	30mg <1%
Power, Strength, & Endurance Blend	1651mg †	3301mg †
Creatine Monohydrate, CarnoSyn [®] Beta-Alanine, Creatine HCL, Chinese Ginseng, Rhodiola root powder, Eleuthero root powder, Quercetin Dihydrate powder, Alpha Lipoic Acid.		
Nitric Oxide Boost/Circulation Blend	12500mg †	25000mg †
AARG-L-Arginine, L-Arginine, Beet Root powder, L-Citrulline.		
BCAA 2:1:1 Blend	1000mg †	2000mg †
L-Leucine, L-Isoleucine, L-Valine.		
Mental Focus/Energy Blend	641mg †	1282mg †
Guarana, D-Ribose, Green Tea leaf, Choline Citrate, Ginkgo Biloba leaf powder. (Net Caffeine = 75mg)		(Net Caffeine = 150mg)
Concentrace [®] Electrolyte Blend	250mg †	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, natural flavor, malic acid, silica.
Allergen Info: contains no known allergens. **GLUTEN FREE.**

Natural Alternatives International (NAI) is the owner of patents as listed on www.carnosyn.com and registered trademark CarnoSyn[®].

