



PRE-EFFECT™

PRE-WORKOUT FORMULA

FRUIT PUNCH

NATURALLY & ARTIFICIALLY FLAVORED
DIETARY SUPPLEMENT

NET WT. 12.9 OZ. (366 g)

Supplement Facts

Serving Size: 1 Scoop (12.2 g)
Servings Per Container: About 30

	Amount Per Serving	% Daily Value
Sodium	20 mg	<1 %
Potassium (as potassium chloride)	20 mg	<1 %
Muscle & Strength Matrix		
Creatine Monohydrate	3000 mg	*
Betaine Anhydrous	2000 mg	*
Leucine	2000 mg	*
Nitro Blend		
Citrulline Malate	500 mg	*
Beet Root Extract	200 mg	*
Energy & Endurance Complex		
Beta-Alanine (as CarnoSyn®)	1600 mg	*
Caffeine	200 mg	*
<i>Rhodiola rosea</i> Extract (root) (std to 4% Total Rosavins 4 mg)	100 mg	*
Antioxidant and Support		
Grape Seed Extract	50 mg	*
Bromelain	50 mg	*
AstraGin™ (proprietary blend) Ginseng (<i>Panax ginseng</i>) (root) and (<i>Astragalus membranaceus</i>) (root)	50 mg	*

* Daily Value not established.

Other ingredients: Citric acid, natural and artificial flavors, sucralose, acesulfame potassium, xanthan gum, salt, dipotassium phosphate.

Does not contain: Yeast, Wheat, Gluten, Soy, Dairy, Fish, Preservatives or Artificial Colors.

DIRECTIONS: Mix one (1) scoop (12.2 g) in 8 oz. - 12 oz. of cold water. Consume 30 - 45 minutes prior to training or physical activity.

WARNING: Consult your healthcare provider prior to use if you are pregnant, nursing, taking any medication or have any medical conditions.

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.

AstraGin™ is a registered trademark of NuLiv Science USA, Inc.

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Distributed by: Vitamin Shoppe, Inc.
Secaucus, NJ 07094

Visit www.bodytech.com
or call 1-800-223-1216

for more information and to reorder.

STORE IN A COOL, DRY PLACE.
KEEP OUT OF REACH OF CHILDREN.

TAMPER EVIDENT
Do not use if outer seal is
broken or missing.

Item No.
VS-2435
1761915

CarnoSyn
Carnosine Synthesizer

