MUCH CAFFEINE MAY CAUSE NERVOUSNESS, IRRITABILITY, SLEEPLESSNESS, AND OCCASIONALLY RAPID HEARTBEAT, BETA-ALANINE AND NIACIN MAY CAUSE A HARMLESS, TEMPORARY TINGLING OR FLUSHING SENSATION

Do not combine with alcohol, Do not exceed 2 scoops within 24 hours, consumed at least 4 hours apart. Consume as part of a healthy diet and exercise program, and drink at least 100 fl oz of water per day. Exercise may increase your need for additional fluid intake. Keep out of reach of children. Store in a cool, dry place away from direct sunlight.

DIRECTIONS: Mix 1 scoop with 4-6 fl oz of cold water and consume 20-30 minutes before training, Do not shake, Stir.

Approximately 275 mg of caffeine per serving.

PHENYLKETONURICS: CONTAINS PHENYLALANINE





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OTHER INGREDIENTS: NATURAL AND ARTIFICIAL FLAVORS, CITRIC ACID, CALCIUM SILICATE, SILICON DIOXIDE, SUCRALOSI MALIC ACID, SALT, ACESULFAME POTASSIUM, FD&C RED #40.

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DIETARY SUPPLEMENT · NET WEIGHT 1.47 LB (666 G)