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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NEW FORMULA!



FINISH FIRST.









PERFORMANCE*

OTHER INGREDIENTS: NATURAL AND ARTIFICIAL FLAVORS, CITRIC ACID, MALIC ACID, CALCIUM SILICATE, SILICON DIOXIDE SUCRALOSE, BEET ROOT POWDER, SALT

CONTAINS: MANUFACTURED BY: Bio-Engineered Supplements & Nutrition, Inc., 3500 Lacey Road,
MILK Suite 1200, Downers Grove, IL 60515 USA 877.673.3727 www.goBSN.com

DIETARY SUPPLEMENT : NET WEIGHT 1.47 LB (666 G)