

# ENERGIZED TRAINING FORMULA

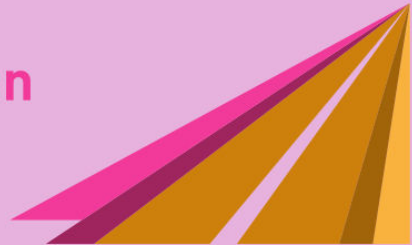
WITH CAFFEINE

watermelon

▲ NO ARTIFICIAL COLORS,  
FLAVORS OR SWEETENERS



DIETARY SUPPLEMENT  
Net Wt. 10.8 oz. (306 g)



TRUE ATHLETE®

## TRUE ATHLETE® NATURALLY DRIVEN

True Athlete® introduces Energized Training Formula, designed for serious muscle, endurance, performance and energy support. This formula was developed for the athlete and fitness enthusiast looking for that extra edge on the field, on the court or in the gym. Energized Training Formula contains creatine, arginine and beta-alanine along with caffeine and AstraGin™. This trademarked ingredient is produced from ginseng and astragalus and is designed to improve absorption of amino acids, glucose, vitamins and other nutrients. This streamlined formula can be customized to meet your athletic and fitness needs.

- ▲ **BODYBUILDING** – COMBINE ENERGIZED TRAINING FORMULA WITH PROTEIN OR AMINO ACIDS FOR ADDED MUSCLE SUPPORT
- ▲ **FITNESS/SPORTS TRAINING** – FOR ADDED ENERGY AND RECOVERY SUPPORT, COMBINE WITH AMINO ACIDS AND/OR NATURAL FRUIT JUICE
- ▲ **ENDURANCE** – CAN BE TAKEN WITH ELECTROLYTES OR ADDED TO YOUR FAVORITE SPORTS BEVERAGE

### Supplement Facts

Serving Size 1 Scoop (3.4 g)  
Servings Per Container 90

|                                                                                                                       | Amount Per Serving | % Daily Value |
|-----------------------------------------------------------------------------------------------------------------------|--------------------|---------------|
| Creatine Monohydrate                                                                                                  | 1 g                | *             |
| Arginine AKG                                                                                                          | 1 g                | *             |
| Beta Alanine (as CarnoSyn®)                                                                                           | 500 mg             | *             |
| Caffeine                                                                                                              | 50 mg              | *             |
| AstraGin™ (proprietary blend)<br>Ginseng ( <i>Panax ginseng</i> ) (root) and<br><i>Astragalus membranaceus</i> (root) | 17 mg              | *             |

\* Daily Value not established.

**Other ingredients:** Natural flavor, malic acid, Reb-A (stevia extract), citric acid, beet root powder.

**Does not contain:** Wheat, Gluten, Sugar, Salt, Soy, Dairy, Fish, Animal Derivatives, Preservatives, Artificial Colors or Flavors Added.

Products that are designated "NSF Certified for Sport®" are rigorously tested to help ensure that they contain no banned substances, unlisted ingredients or harmful impurities.

**DIRECTIONS:** As a dietary supplement, add 1 - 3 slightly rounded scoops to 6 - 8 oz. of water or sports drink. Consume 30 - 45 minutes prior to training.

**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.

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

Visit [www.vitaminshoppe.com](http://www.vitaminshoppe.com)  
or call 1-800-223-1216 for more information and to reorder.

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

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

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

[www.true-athlete.com](http://www.true-athlete.com)

Item No.  
VS-6027  
1872613

**CarnoSyn**  
Carnosine Synthesizer

