

TRAINING FORMULA

CREATINE, ARGININE AND BETA ALANINE WITH
ASTRAGIN™ NUTRIENT UPTAKE ENHANCER

▲ NO ARTIFICIAL COLORS, FLAVORS OR SWEETENERS



DIETARY SUPPLEMENT
Net Wt. 8.6 oz. (243 g)

TRUE ATHLETE

TRUE ATHLETE® NATURALLY DRIVEN™

Serious muscle, endurance and performance support. That's what you get with True Athlete® Training Formula. No filler. No fluff. No hype. Just the primary active ingredients needed to give you the advanced pre-workout support you want.

Developed with the athlete and fitness enthusiast in mind, True Athlete® Training Formula contains the important base nutrients creatine, arginine and beta alanine, as well as AstraGin™, a proprietary nutrient uptake enhancer. This trademarked ingredient is produced from ginseng and astragalus and has been shown to improve absorption of amino acids, glucose, vitamins and other nutrients over placebo. This streamlined formula can be customized to meet your athletic and fitness needs.

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

True Athlete® Training Formula has a light sweet taste so it can be taken alone or in combination with other sports nutrition supplements.

Supplement Facts

Serving Size 1 Scoop (2.7 g)

Servings Per Container 90

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

* Daily Value not established.

Other ingredients: Stevia Extract (leaf).

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

CarnoSyn® is the registered trademark of Natural Alternatives Int'l, Inc. (NAI). CarnoSyn® Beta-Alanine is protected under patents 5,965,596, 6,172,098, 6,680,294 and 6,426,361.

AstraGin™ is a trademark of NuLiv Science.

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 scoops to 4 - 8 oz of water or sports drink. Consume 30 - 45 minutes prior to training or 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.

Distributed by: Vitamin Shoppe, Inc.

Secaucus, NJ 07094

Visit www.vitaminshoppe.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.

www.true-athlete.com

Item No.

VS-6024

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CarnoSyn™
Carnosine Synthesizer

