Supplement Facts:

Serving Size: 1 Packet
Servings Per Container: 1

Amount Per Serving	Amount Per Serving	% Daily Value*
Calories 20		
Total carbohydrates	2 g	1%
Sodium (as chloride)	40 mg	2%
Calcium (as carbonate)	50 mg	5%
Magnesium (as citrate)	20 mg	5%
Potassium (as citrate)	45 mg	1%
Niacin in Saccharomyces cerevisiae (baker's yeast)	15 mg	75%
Vitamin B6 in Saccharomyces cerevisiae (baker's yeast)	2 mg	100%
Vitamin B12 in Saccharomyces cerevisiae (baker's yeast)	15 mcg	250%

* Percent Daily Values are based on a 2000 calorie diet
† Daily value not established

DIRECTIONS

Add 1 scoop (10g) to 1 cup of water or other liquid. Stir or blend until smooth. Try adding Prefuel® to your favorite EnergyFirst® shake.

Ingredients:

Anabolic Strength, Power & Endurance blend — *2.5 g*
Creatine Monohydrate, Instantized Branched Chained Amino Acids 2:1:1 (L-leucine, Isoleucine, Valine), Betaine anhydrous, CarnoSyn ® Beta-Alanine (Carnosyn)

Nitric Oxide and Cell Volumizing Complex — *2.8 g*
L-Glutamine, Citrulline Malate 1:1, Taurine, L-Glycine, L-Arginine HCL, Red beet root extract

Energy, Focus, & Fatty Acid Oxidation Matrix — *930 mg*
L-Tyrosine, L-Carnitine, L-Tartrate, Green tea extract (standardized for caffeine**), Green coffee bean extract (50% chlorogenic acid)

Concentrated Antioxidant & Anti-Inflammatory blend — *435 mg*
N-Acetyl-L-Cysteine, Green tea extract (standardized for 90% polyphenols & 50% EGCG), Grape Seed Extract (Standardized to 95% Proanthocyanidins), Citrus bioflavonoid complex, Turmeric (Standardized to 95% curcuminoids)

Key Adaptogen Complex — *140 mg*
Rhodiola Rosea Extract (Standardized to 4% Rosavins & 1% Salidrosides), KSM-66 ® organic Ashwagandha (standardized to 5% withanolides), Siberian ginseng root (Eleutherococcus senticosus)

Nutrient Utilization and Absorption blend — *27.5 mg*
Astragin ™ (Panax notoginseng (root) extract and Astragalus membranaceus (root) extract), BioPerine ® (Piper nigrum) black pepper extract
AstraGin ™ is a trademark of NuLu Science.
** Total caffeine from all sources equal to 110mg per 10g serving. v1

CarnoSyn®

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ENERGYFIRST® Shake Recipe:

Blend:

- *1-3 cups pure water or other liquid*
- *Recommended serving of ProEnergy®*
- *1 tbsp. OmegaEnergy® Oil or 1/4 cup OmegaEnergy® Mix*
- *1 cup frozen fruit*
- *1 scoop Prefuel® and/or Greenergy™*

Other Ingredients:
Natural flavors, Citric Acid, Organic Tapioca Maltodextrin, Stevia Leaf Extract, Calcium silicate, Organic lemon flavor.

Manufactured for
EnergyFirst
Manhattan Beach, CA

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To order, visit ***www.energyfirst.com*** *or call* ***888-883-6374***

Dietary Supplement - Net Weight: 10g (0.352 oz.)

- Maximize Strength, Power & Endurance
- Increase Mental Focus & Energy
- Fight Fatigue & Recover Faster

PRE-WORKOUT ENERGIZER

BOOSTS ENERGY - TASTES GREAT - SUGAR FREE - GLUTEN FREE

ENERGYFIRST®

PREFUEL®

FEEL THE DIFFERENCE®

100% NATURAL

ORANGE FLAVOR