



# PRE-EFFECT<sup>®</sup>

## PRE-WORKOUT FORMULA

**FRUIT PUNCH**

NATURALLY & ARTIFICIALLY FLAVORED  
DIETARY SUPPLEMENT

**NET WT. 12.9 OZ. (366 g)**

## Supplement Facts

Serving Size: 1 Rounded Scoop (12.2 g)  
Servings Per Container: About 30

|                                                                                                                                       | Amount<br>Per Serving | % Daily<br>Value |
|---------------------------------------------------------------------------------------------------------------------------------------|-----------------------|------------------|
| <b>Sodium</b>                                                                                                                         | 20 mg                 | <1%              |
| <b>Potassium</b> (as potassium chloride)                                                                                              | 20 mg                 | <1%              |
| <b>Muscle &amp; Strength Matrix</b>                                                                                                   |                       |                  |
| Creatine Monohydrate                                                                                                                  | 3000 mg               | *                |
| Betaine Anhydrous                                                                                                                     | 2000 mg               | *                |
| Leucine                                                                                                                               | 2000 mg               | *                |
| <b>Nitro Blend</b>                                                                                                                    |                       |                  |
| Citrulline Malate                                                                                                                     | 500 mg                | *                |
| Beet Root Extract                                                                                                                     | 200 mg                | *                |
| <b>Energy &amp; Endurance Complex</b>                                                                                                 |                       |                  |
| Beta-Alanine (as CarnoSyn <sup>®</sup> )                                                                                              | 1600 mg               | *                |
| Caffeine                                                                                                                              | 200 mg                | *                |
| <i>Rhodiola rosea</i> Extract (root)<br>(std to 4% Total Rosavins 4 mg)                                                               | 100 mg                | *                |
| <b>Antioxidant and Support</b>                                                                                                        |                       |                  |
| Grape Seed Extract                                                                                                                    | 50 mg                 | *                |
| Bromelain                                                                                                                             | 50 mg                 | *                |
| AstraGin <sup>™</sup> (proprietary blend)<br>Ginseng ( <i>Panax ginseng</i> ) (root) and<br>( <i>Astragalus membranaceus</i> ) (root) | 50 mg                 | *                |

\* Daily Value not established.

**Other ingredients:** Citric acid, natural and artificial flavors, sucralose, acesulfame potassium, xanthan gum, salt, dipotassium phosphate.

**Does not contain:** Yeast, Wheat, Gluten, Soy, Dairy, Fish, Preservatives or Artificial Colors.

**DIRECTIONS:** Mix one (1) rounded scoop (12.2 g) in 8 oz. - 12 oz. of cold water. Consume 30 - 45 minutes prior to training or physical 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.**

AstraGin<sup>™</sup> is a registered trademark of NuLiv Science USA, Inc.

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



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

Item No.  
VS-2435  
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