Directions: Take 1 Serving (4 capsules) 30-45 minutes before bed. For maximal results, do not take with food.

WARNING: NOT FOR USE BY INDIVIDUALS LINDER THE AGE OF 18 YEARS DO NOT USE IF PREGNANT OR NURSING, Consult a Physician before using this or any product if you have, or have a family history of, including but not limited to high blood pressure, cardiac arrhythmias, heart, liver, kidney, thyroid, or psychiatric disease, pheochromocytoma, diabetes, asthma, recurrent headaches, anemia, nervousness, anxiety, depression or other psychiatric condition, peptic ulcers, Parkinson's disease, glaucoma, difficulty in urinating, prostate enlargement, or seizure disorder, or if you are using a monoamine oxidase inhibitor (MAOI) or any other dietary supplement, prescription drug, or over-the-counter drug containing ephedrine, pseudoephedrine, or phenylpropanolamine (ingredients found in certain allergy, asthma, cough or cold, and weight control products). Do not exceed recommended serving. Exceeding recommended serving may cause serious adverse health effects, including heart attack and stroke Discontinue use and call a physician or licensed qualified health care professional immediately if you experience rapid heartbeat, dizziness, severe headache, shortness of breath, or other similar symptoms.

KEEP OUT OF REACH OF CHILDREN | Store in a cool, dry place.

\* 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.





## **SUPPLEMENT FACTS**

Serving Size: 4 Capsules Servings Per Container: 30

Amount Per Serving		%DV
Vitamin C (as Ascorbic Acid)	220 mg	367%
Vitamin B6 (as Pyridoxine HCl)	100 mg	5000%
Zinc (as Zinc Chelate)	30 mg	200%
Alpha-GPC (Alpha-Glyceryl Phosphoryl Choline)	600 mg	Ť
Gamma Aminobutyric Acid (GABA)	600 mg	1
Green Tea Extract	300 mg	
(Camellia Sinensis (leaf) (standardized to 98% polyphenols, 50% EGCG)		
Velvet Bean Seed Extract	280 mg	Ť
Shilajit Extract (standardized to 5% fulvic acid)	220 mg	Ť

† Daily Value not established.

Other Ingredients: Gelatin (Capsule Shell), Microcrystalline Cellulose, Magnesium Stearate, Silica, FD&C Blue #1, and FD&C Red #3.



Manufactured for: Al Sports Nutrition 6533 Promler Ave NW North Canton, Ohio, 44720

www.aisportsnutrition.com