

DIRECTIONS: Mix 1 scoop in 10-12 fl. oz. of cold water.

WARNING: CONSULT YOUR PHYSICIAN BEFORE USING THIS PRODUCT IF YOU ARE TAKING ANY MEDICATIONS OR ARE UNDER A PHYSICIAN'S CARE FOR A MEDICAL CONDITION. NOT FOR USE FOR THOSE UNDER THE AGE OF 18 OR WOMEN WHO ARE PREGNANT, TRYING TO GET PREGNANT, OR NURSING.



5G
BCAAs
FOR MUSCLE**

250MG
WELLMUNE®
FOR IMMUNITY**

200MG
RHODIOLA
FOR ENDURANCE**

BENEFIT BREAKDOWN

INGREDIENT	DOSE	TRAINING SUPPORT
BCAA (in 2:1:1 ratio)	5 G	MUSCLE**
WELLMUNE®	250 MG	IMMUNITY**
RHODIOLA	200 MG	ENDURANCE**
ELECTROLYTES	260 MG*	PERFORMANCE**

Before training, you want to boost energy and focus. Then there's your post-workout protein shake to help kick-start recovery. In the gym, during your workout, BCAAs can help spare muscle tissue from excessive breakdown and electrolytes help support your performance during intense training. Patented Wellmune® helps support your immune system so you can hit your next workout. This endurance supporting powder was formulated to be highly drinkable with light tropical flavors to encourage steady sipping throughout extended training sessions. This is the new Gold Standard for intra-workout support.**

STORE IN A COOL, DRY PLACE.
CONTENTS SOLD BY WEIGHT NOT VOLUME.

▲ 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.



INFORMED-CHOICE is a quality assurance program for sports nutrition products. The program certifies that nutritional supplements that bear the Informed-Choice logo have been tested for banned substances by the world class sports anti-doping lab, LGC Limited.

*WHEN TAKEN AS DIRECTED, OVER TIME, AND WHEN COMBINED WITH A HEALTHY DIET AND REGULAR EXERCISE.

*SODIUM, POTASSIUM, MAGNESIUM

GOLD STANDARD BCAA TRAIN + RECOVER

CRANBERRY LEMONADE
Naturally and Artificially Flavored

ENDURANCE** + IMMUNITY** + MUSCLE**

Supplement Facts

Serving Size 1 Scoop (10 g)
Servings Per Container 28

Amount Per Serving	% Daily Value
Calories	15
Total Carbohydrate	4 g 1%*
Vitamin C (as Ascorbic Acid)	9 mg 15%
Magnesium (as Magnesium Oxide)	60 mg 15%
Sodium (as Sodium Chloride)	100 mg 4%
Potassium (as Potassium Chloride)	100 mg 3%
BCAA Blend (L-Leucine, L-Isoleucine, L-Valine)	5 g †
Bakers Yeast Beta Glucan (Wellmune®)	250 mg †
Rhodiola Extract (root)	200 mg †

* Percent Daily Values are based on a 2,000 calorie diet.
† Daily Value not established.

OTHER INGREDIENTS: Natural and Artificial Flavor, Citric Acid, Malic Acid, Tartaric Acid, Lecithin, Calcium Silicate, Silicon Dioxide, Sucralose, Red 40, Blue 2.

CONTAINS: SOY.

SERVING SCOOP INCLUDED, BUT MAY SETTLE TO THE BOTTOM DURING SHIPPING

wellmune®

Wellmune® trademark and patents owned by Biothera, Inc.

TRUE STRENGTH®
WWW.OPTIMUMNUTRITION.COM



1 (800) 705-5226 TRUESTRENGTH.COM

BANNED
SUBSTANCE
TESTED



DIETARY SUPPLEMENT
NET WT 9.9 OZ (280 G) **28 SERVINGS**

MANUFACTURED BY
OPTIMUM NUTRITION, INC.
3500 Lacey Road, Suite 1200
Downers Grove, IL 60515

MANUFACTURED IN THE USA
This product contains ingredients
of international and domestic origin



FPO UPC



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