

## SUPPLEMENT FACTS

Serving Size: 1 Scoop (15g)

Servings Per Container: 30

| Amount Per Serving | % Daily Value* |
|--------------------|----------------|
|--------------------|----------------|

|                     |  |
|---------------------|--|
| <b>Calories:</b> 36 |  |
|---------------------|--|

|                                |    |
|--------------------------------|----|
| <b>Creatine Monohydrate</b> 5g | ** |
|--------------------------------|----|

|                                   |    |
|-----------------------------------|----|
| <b>L-Citrulline Malate</b> 2:1 3g | ** |
|-----------------------------------|----|

|                               |    |
|-------------------------------|----|
| <b>Betaine Anhydrous</b> 2.5g | ** |
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|                          |    |
|--------------------------|----|
| <b>Beta Alanine</b> 1.6g | ** |
|--------------------------|----|

|                                                               |    |
|---------------------------------------------------------------|----|
| <b>Natural Caffeine</b><br>(from Robusta Coffee, seeds) 100mg | ** |
|---------------------------------------------------------------|----|

\*Percent Daily Values are based on a 2,000 calorie diet.

\*\*Daily Value not established.

**OTHER INGREDIENTS:** Natural Citrus Flavor, Malic Acid, Tapioca Maltodextrin, Stevia Leaf Extract, Silicone Dioxide.

NO ARTIFICIAL COLORS OR SWEETENERS



### Made in Canada

Manufactured for and  
Distributed by Propello Life  
PO Box 404 Dublin, OH 43017  
[support@propellolife.com](mailto:support@propellolife.com)  
Recycle or reuse this canister.



# NON-GMO PRE-WORKOUT

5 GRAMS OF CREATINE MONOHYDRATE

3 GRAMS OF CITRULLINE MALATE 2:1

1.6 GRAMS OF BETA ALANINE

100 MG OF NATURAL CAFFEINE

2.5 GRAMS OF BETAINES

DIETARY SUPPLEMENT NET WT. 450g

WEST COAST CITRUS

## Live for it

Our favorite use for Pre-Workout is mixed with water as a pre-workout boost or as a morning pick-me-up. We hand selected each ingredient to give us more focus, energy, power, endurance, and better blood flow, resulting in a better workout and lean muscle growth. As fathers, this product is sometimes the only thing that gets us through our full days!

LIVE FOR IT.  
Duke & Todd

**RECOMMENDED USE:** For a delicious drink, mix one scoop of Pre-Workout with 8-10 ounces of cold water. Shake well and continue to shake while consuming, as the creatine may settle at the bottom.

**ALLERGEN WARNING:** Made in a facility that also processes milk, egg, soy, tree nuts, peanuts, fish/crustaceans/shellfish oils and wheat products.

**WARNING:** If you are pregnant, breastfeeding, under the age of 18 or taking medication, consult your physician before using this product.  
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.

#LIVEFORIT

•PROPELLO LIFE•