SUGGESTED USE: Mix 1 scoop with 8-10 ounces of cold water and consume 30-45 minutes before beginning activity. Due to extreme potency, it's highly recommended to assess tolerance by using a half scoop serving before consuming full dose, especially if you are sensitive to stimulants.

DO NOT EXCEED 2 SCOOPS IN ANY 24 HOUR PERIOD.

WARNING: This product is only intended to be consumed by healthy adults 18 years of age or older. Before using this product consult with your physician if you are using any prescription or over the counter medication or if you have any pre-existing medical condition including but not limited to: high or low blood pressure, cardiac arrhythmia, stroke, heart, liver, kidney or thyroid disease, seizure disorder, psychiatric disease, diabetes, diffculty urinating due to prostate enlargement or if you are taking a MAOI (Monoamine Oxidase Inhibitor) of any other medication. Discontinue use and consult your health care professional if you experience any adverse reaction to this product. Do not exceed recommended serving.

KEEP OUT OF REACH OF CHILDREN. STORE IN A COOL, DRY PLACE. ALWAYS KEEP TIGHTLY SEALED. DO NOT USE IF SAFETY SEAL IS DAMAGED OR MISSING.

\* 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.





MANUFACTURED BY: RANGER NUTRITION LLC 4651 N SPAULDING AVE, CHICAGO IL 872-302-4990 WWW.RANGERNUTRITION.COM



## PRE WORKOUT FORMULA

FRUIT PUNCH

300 GRAMS

DIETARY SUPPLEMENT

## **Supplement Facts**

Serving Size: 10 Grams Servings Per Container: 30

10	Amount Per Serving	% Daily Value
otal Calories	0	
alories from fat	0	
at	0 g	0 %
nolesterol	0 mg	0 %
odium	0 mg	0 %
otal Carbohydrates	0 g	0 %
ugars .	0 g	Ť
tamin B3 (Niacin)	25 mg	125 %
tamin B12	1000 mcg	16,670 %
tamin C (Ascorbic Acid	1) 100 mg	166 %
prietary Blend	9.281 ma	

L-Citrulline Malate, Beta-alanine, Creatine Monohydrate, L-Arginine Malate, Taurine, L-Arginine AKG, Caffeine Anhydrous, Vitamin C, Theobromine Anhydrous, Niacin, Yohimbe Extract (from bark), Methylcobalamin (B12).

% Daily Value based on a 2,000 calorie diet.

† % Daily Value not established

Other Ingredients: Natural and Articial Fruit Flavorings, Citric Acid, Acesulfame K, Silicon Dioxide, Lake red# 40





