

**SUGGESTED USE:** As a dietary supplement, mix one scoop (25 grams) into 12-16 Oz of cold water to taste in a shaker cup 15-20 minutes prior to workout.

**STORAGE:** Keep out of the reach of children. Protect from heat, light and moisture. Store at 59-86°F (15-30°C).

**WARNING:** Do not exceed the suggested daily dose. This product contains caffeine and methylxanthines. In certain people, consumption of caffeine causes serious health effects, such as anxiety, palpitations, irritability, difficulty sleeping and stomach complaints. Consult your physician prior to using this product if you are pregnant, nursing or taking medication, under the age of 18, or have a medical condition. Discontinue its use two weeks prior to surgery. Limit or discontinue any other products containing caffeine during use. Do not consume Training Ground® PRE within 4 hours of bedtime as the stimulant matrix may cause sleeplessness. Reduce or discontinue use if sleeplessness, tremors, dizziness, nervousness, headaches or heart palpitations occur after use. This product is ONLY intended to be consumed by healthy adults 18 years and older.

\*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.

**EFX**  
SPORTS®

**TRAINING  
GROUND®** | **PRE**

DIETARY SUPPLEMENT

1.5g KRE-ALKALYN    1.2g BETA-ALANINE    6.5g CITRULLINE    750mg AGMATINE    **BLUEBERRY**    NET WT 17.64 OZ (1 LB 1.64 OZ) 500g

ENERGY\*

PERFORMANCE\*

ENDURANCE\*

### Supplement Facts

Serving Size 25 g (One Scoop)  
Servings Per Container 20

	Amount Per Serving	% Daily Value
Citrulline Malate	6500 mg	†
Trimethylglycine	2600 mg	†
Hydromax®	2500 mg	†
Glycerol Complex		
Taurine	2000 mg	†
L-Glycine	2000 mg	†
Kre-Alkalyn® (Buffered Creatine Monohydrate US Patent 6,399,661)	1500 mg	†
L-Tyrosine	1500 mg	†
Beta-Alanine (as CarnoSyn®)	1200 mg	†
Agmatine Sulfate	750 mg	†
Caffeine	300 mg	†

\*Daily Value not established.

Other ingredients: Silicon Dioxide, Citric Acid, Natural & Artificial Blueberry Flavors, and Sucralose.



Manufactured for and distributed by:  
EFX Sports®, San Jose, CA 95124

Questions about this product?  
Please call us at (888) 238-1864

**EFXSPORTS.COM**

Made in USA. In God We Trust.  
©2016 EFX Sports®



Kre-Alkalyn® is a patented product (US #6,399,661, Australia #2003203344, New Zealand #519305) and registered trademark of All American Pharmaceutical.



Natural Alternatives International (NAI) is the owner of patents as listed on www.carnosyn.com and registered trademark CarnoSyn®.

EU Plant # 1000135313 • AAP277P-500

