Suggested Use: Take one serving (2 scoops) mixed with 6 - 8 ounces of water 15 - 30 minutes prior to exercise. **Do not exceed the suggested use.**

PRE-Workout is formulated to provide the most compact blend of essential pump building and energy driving supplements available on the market. Our easy to read supplement facts do not contain any proprietary blends or hidden supplements.†

Experience your best pump with this blend of L-Citrulline DL-Malate, Beta-Alanine, and L-Arginine AKG. Maximizing your Nitric Oxide (NO) production to ludicrous levels while giving you all the focus and endurance you need to shred muscle.†

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NO ARTIFICIAL COLORS OR GRAMS OF SUGAR

HARD RHINO™

PRE WORKOUT

BLUE RASPBERRY

- IMPROVES NITRIC OXIDE SYNTHESIS AND BALANCE†
- INCREASES PUMP INTENSITY AND DURATION†
- PROMOTES MENTAL FOCUS AND ACUITY†

Naturally & Artificially Flavored

DIETARY SUPPLEMENT NET. WT. 253.6 GRAMS (0.56 LBS)

30 SERVINGS

SUPPLEMENT FACTS

Serving Size: 2 scoops (8.44g)
Servings Per Container: About 30

	Amount Per Serving	% Daily Value*
Calories	0	
Total Carbohydrates	< 1g	< 1%*
Potassium (as Potassium Citrate)	99mg	3%*
Niacin	30mg	150%*
Vitamin B6 (as Pyridoxine HCL)	500mcg	25%*
Vitamin B12 (as Cyanocobalamin)	35mcg	583%*
Magnesium (as Magnesium Citrate)	125mg	31%*
Beta-Alanine	1800mg	**
L-Arginine Alpha Ketoglutarate (AAKG)	1400mg	**
L-Citrulline DL-Malate 1:1	2000mg	**
Energy Matrix	525mg	**
N-Acetyl L-Tyrosine (325mg), Caffeine Anhydrous (100mg), Mucuna Pruriens Extract 15% L-Dopa (100mg)		

* Percent Daily Values are based on a 2000 calorie diet.
** Daily Value Not Established.

Other Ingredients: Natural and Artificial Flavors, Citric Acid, Malic Acid, Sucralose, Silicon Dioxide, Dicalcium Phosphate.

Allergens: This product does NOT contain Soy or Soy Derivates, Dairy & Dairy Byproducts, Eggs, Fish, Shellfish, Wheat, Gluten, Tree Nuts, or Sesame Seeds.

WARNING: Keep out of the reach of children. Do not take this or any other supplement if under the age of 18, pregnant or nursing a baby, or if you have any known or suspected medical conditions and/or taking prescription drug(s) or OTC medication(s). Always consult with a qualified health physician before taking any new dietary supplement.

† These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any diseases.

SCOOP MAY SETTLE DURING SHIPPING. STORE IN A COOL, DRY PLACE. DO NOT USE OR CONSUME IF INNER SEAL IS BROKEN.

Guardian Wholesale
1607 West Whispering Wind Drive - Phoenix AZ, 85085
For additional information or for products not shown please contact us at:
1 (866) 961-8378 or Support@HardRhino.com

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SUPPLEMENT FLAVORS