



PRE-EFFECT[®]

PRE-WORKOUT FORMULA

FRUIT PUNCH

NATURALLY & ARTIFICIALLY FLAVORED
DIETARY SUPPLEMENT

NET WT. 12.3 OZ. (348 g)

Supplement Facts

Serving Size: 1 Rounded Scoop (11.6 g)

Servings Per Container: About 30

	Amount Per Serving	% Daily Value [†]
Calories	20	
Total Fat	2 g	3%
Saturated Fat	2 g	10%
Total Carbohydrates	0.5 g	<1%
Sodium (as sodium chloride)	20 mg	1%
Potassium (as dipotassium phosphate)	20 mg	<1%

Muscle & Strength Matrix

Creatine Monohydrate	3000 mg	*
Betaine Anhydrous	2000 mg	*
L-Leucine	2000 mg	*

Nitro Blend

L-Citrulline DL-Malate	500 mg	*
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Energy & Endurance Complex

Beta-alanine (as CarnoSyn [®])	1600 mg	*
Caffeine Anhydrous	200 mg	*
<i>Rhodola rosea</i> Extract (root) (std to 4% Total Rosavins 4 mg)	100 mg	*

Antioxidant and Support

Grape Seed Extract (std 95% proanthocyanidins) (<i>Vitis vinifera</i>)(seed)	50 mg	*
Bromelain 2400 GDU/g	50 mg	*
AstraGin [®] (proprietary blend) (<i>Panax notoginseng</i>)(root) and (<i>Astragalus membranaceus</i>)(root)	50 mg	*

[†] Percent Daily Values are based on a 2,000 calorie diet.

* Daily Value not established.

Other ingredients: Citric acid, natural and artificial fruit punch flavors, acesulfame potassium, red beet, sucralose, xanthan gum.

Does not contain: Wheat, Gluten, Soy, Dairy, Fish or Artificial Colors.

DIRECTIONS: Mix one (1) rounded scoop (11.6 g) in 8 oz. - 12 oz. of cold water. Consume 30 - 45 minutes prior to training or physical activity.

WARNING: Consult your healthcare provider prior to use if you are pregnant, nursing, taking any medication or have any medical conditions.

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.

STORE IN A COOL, DRY PLACE. KEEP OUT OF REACH OF CHILDREN.

TAMPER EVIDENT Do not use if outer seal is broken or missing.

Distributed by: Vitamin Shoppe, Inc. Secaucus, NJ 07094
Visit www.bodytech.com or call 1-800-223-1216
for more information and to reorder.

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Carnosine Synthesizer

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Item No.
VS-2435
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