

(PLEASE READ THE ENTIRE LABEL BEFORE USE)

Recommended Use: As a dietary supplement, mix ½ - 1½ scoops with 8-12 ounces of water. Consume 15-30 minutes before exercise.

DO NOT EXCEED 2 SCOOPS IN ANY 24 HOUR PERIOD

Warning: This product is only intended to be consumed by healthy individuals 18 years of age or older. Consult your physician prior to use if you are pregnant or nursing. Consult your physician prior to use if you are taking any medications or have any medical condition. The recommended dose of this product contains as much caffeine as about 2 cups of coffee. Limit the use of caffeine-containing medications, foods or beverages while taking this product, as too much caffeine may cause nervousness, irritability, sleeplessness, and occasional rapid heart rates. In case of accidental overdose, seek professional assistance or contact a poison control center immediately. Do not exceed recommended use. Improper use will not improve results. Discontinue use and seek professional assistance immediately if you experience unwanted side effects. Discontinue use 2 weeks prior to surgery. Do not use if safety seal is broken or missing. Keep out of reach of Children. Store in a cool, dry place. Contents are sold by weight not volume. Some settling may occur.



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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.



PRE-WORKOUT COMPLEX

17g | **30** | **527g**
per serving | servings | per container

■ **BLUE RASPBERRY**

Net Wt. 527g (1.16 lbs) | Dietary Supplement

Supplement Facts

Serving Size: 1 Scoop (17.57g)
Servings Per Container: 30

Amount Per Serving	% Daily Value	
Thiamin (as Thiamine Mononitrate)	15mg	1,000%
Riboflavin (Vitamin B2)	1.7mg	100%
Niacin (Vitamin B3)	30mg	150%
Vitamin B6 (as Pyridoxine HCl)	20mg	1,000%
Folate (Folic Acid)	400mcg	100%
Vitamin B12 (as Methylcobalamin)	600mcg	10,000%
Citrulline Malate 2:1	6,000mg	*
Arginine AKG 2:1	3,000mg	*

Amount Per Serving	% Daily Value	
L-Ornithine HCl	2,200mg	*
Taurine	2,000mg	*
Betaine Anhydrous	1,000mg	*
Agmatine Sulfate	500mg	*
N-Acetyl Tyrosine	300mg	*
L-Theanine	300mg	*
Caffeine Anhydrous	300mg	*
L-Norvaline	100mg	*
BioPerine® (Black Pepper Extract) (95% Piperine)	5mg	*

* Daily Value not established

Other Ingredients: Natural & Artificial Flavors, Tartaric Acid, Calcium Silicate, Silicon Dioxide, Sucralose, Acesulfame K, Blue #1



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