

(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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1011

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.

**nutricost**

# PRE-WORKOUT *for Women*

**15g** | **30** | **440g**  
per serving | servings | per container

■ **STRAWBERRY**

Net Wt. 440g (0.97 lbs) | Dietary Supplement

## Supplement Facts

Serving Size: 1 Scoop (14.66g)

Servings Per Container: 30

Amount Per Serving	% Daily Value
Vitamin B1 (as Thiamine Mononitrate)	15mg 1,000%
Vitamin B2 (Riboflavin)	1.7mg 100%
Niacin (Vitamin B3)	15mg 75%
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 *
Taurine	2,000mg *

Amount Per Serving	% Daily Value
Arginine AKG 2:1	1,500mg *
L-Ornithine HCl	1,000mg *
Betaine Anhydrous	1,000mg *
Agmatine Sulfate	500mg *
N-Acetyl Tyrosine	300mg *
L-Theanine	300mg *
Caffeine Anhydrous	150mg *
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, Red #40



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