

SUGGESTED USE:

As a dietary supplement, mix each scoop of Crush Yolo® Pre-Workout with 4-8oz. of water, varying the amount of water to achieve your desired flavor level. Start with 1 scoop or less to assess your tolerance. Consume prior to exercise on training days. DO NOT EXCEED 2 SCOOPS PER DAY.

WARNING:

KEEP OUT OF REACH OF CHILDREN. THIS PRODUCT IS ONLY INTENDED FOR HEALTHY ADULTS, 18 YEARS OF AGE OR OLDER. DO NOT EXCEED RECOMMENDATIONS FOR SUGGESTED USE. Consult with your health care practitioner before using this product. Do not use if you are pregnant, breast feeding, sensitive to caffeine, have known medical conditions (including but not limited to kidney, heart or liver disease) or are taking prescription or OTC medication(s). Do not use under extreme conditions of heat or cardiovascular exertion. Discontinue use and consult with your health care professional if you experience any adverse reaction to this product. Do not consume caffeine from other sources while taking this product as too much caffeine may cause nervousness, irritability, sleeplessness, and occasionally rapid heartbeat. Consume as part of a healthy diet and exercise program and drink plenty of water.

GET SOCIAL & CRUSH WITH US

@CRUSHFIT   

CRUSHFIT.COM #WEARECRUSH

* These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

PRE
WORKOUT



PUMPS*



ENERGY*



FOCUS*

30
SERVINGS

DIETARY SUPPLEMENT
NET WT. 309G (10.9oz)

CRUSH
YOLO

TROPICAL PUNCH

NATURALLY & ARTIFICIALLY FLAVORED

SUPPLEMENT FACTS

Serving Size: 1 Scoop (10.3g)
Servings Per Container: 30

	Amount per serving	% Daily Value
Calories	5	
Total Carbohydrate	1 g	< 1%*
Total Sugars	0 g	**
Includes 0g Added Sugars		0%
Calcium	39 mg	3%
Potassium	71 mg	2%
Betaine Anhydrous	2 g	**
Arginine AKG 2:1	1.5 g	**
Citrulline Malate	1 g	**
Camline Tartrate	500 mg	**
Acetyl L-Carnitine	500 mg	**
Taurine	500 mg	**
Beet Root Extract	500 mg	**
Caffeine Anhydrous	200 mg	**
N-Acetyl-L-Cysteine HCl	100 mg	**
Grape Seed Extract	100 mg	**
PUREnergy™ (Caffeine/Pseudoephedrine complex)	25 mg	**

*Percent Daily Values are based on a 2,000 calorie diet.
**Daily Value not established

Other Ingredients:

Natural and Artificial Flavor, Citric Acid, Malic Acid, Calcium Silicate, Silicon Dioxide, Sucralose, Tartaric Acid, Acesulfame Potassium, Beta Carotene Powder (color).

Allergen Warnings: Contains Soy



(caffeine/pseudoephedrine complex)

*Total Caffeine Per Serving: 211 mg

CRUSH
WE ARE CRUSH FIT

111 E Kilbourn Ave #125
Milwaukee, WI 53202

