SUGGESTED USE:
As a dietary supplement, mix each scoop of Crush GO!® BCAA's with 8-10oz. of water, varying the amount of water to achieve your desired flavor level. Consume during exercise on training days.

WARNING:
KEEP OUT OF REACH OF CHILDREN. THIS PRODUCT IS ONLY INTENDED FOR HEALTHY ADULTS, 18 YEARS OF AGE OR OLDER. Consult with your health care practitioner before using this product. Do not use if you are pregnant, breast feeding, have known medical conditions (including but not limited to kidney, heart or liver disease) or are taking prescription or OTC medication(s). Discontinue use and consult with your health care professional if you experience any adverse reaction to this product.

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.

BAD DAYS BUILD BETTER DAYS
WE ARE CRUSH
BE YOUR OWN HERO
HAVE FUN TOGETHER
NEVER MISS MONDAY

BCAA
+ VITAMIN C

ENDURANCE*
RECOVERY*
HYDRATION*

30 SERVINGS

DIETARY SUPPLEMENT
NET WT. 318G (11.2 OZ)

CRUSH GO!®

DREAM OUTLOUD
MAKE A MOVE
BE YOUR OWN HERO
HAVE FUN
LIVE THE LIFE YOU DESERVE
LEAVE YOUR COMFORT ZONE
CRUSH IT
MAKE MOVEMENT
IS NOW
ENJOY THE RIDE

SUPPLEMENT FACTS

Serving Size: 1 Scoop (10.6g)
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%
Vitamin C (as Ascorbic Acid)	1000 mg	1111%
Calcium	12 mg	1%
Potassium	63 mg	1%
Leucine	2.5 g	**
Isoleucine	1.25 g	**
Valine	1.25 g	**
Citrulline Malate	500 mg	**
L-Carnitine Tartrate	500 mg	**
Acetyl L-Carnitine HCl	500 mg	**

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

Other Ingredients:
Citric Acid, Natural and Artificial Flavor, Sucralose, Tartaric Acid, Silicon Dioxide, Calcium Silicate, Acesulfame Potassium, Malic Acid, Beet Root Powder (Color).

Allergen Warning: Contains Soy

CRUSH®
WE ARE CRUSH FIT
111 E Kilbourn Ave #125
Milwaukee, WI 53202

8 54368 00710 8

TROPICAL PUNCH
NATURALLY & ARTIFICIALLY FLAVORED