

MENTAL FOCUS* • ENERGY* • IMMUNE SUPPORT* • POWER*
STRENGTH* • CIRCULATION* • ENDURANCE* • HYDRATION*

BCAA'S • CREATINE • CITRULLINE • CARNOSYN® BETA-ALANINE
ARGININE • NATURAL CAFFEINE • B-VITAMINS • 72 ELECTROLYTES

WHY WOULD YOU EAT CLEAN AND THEN TAKE DIRTY SUPPLEMENTS? CLEAN UP YOUR WORKOUT!

PRE-WORKOUT is the all-in-one workout supplement that's part of our **TMRFIT™ SERIES** of clean sports nutrition products. It contains **NO** artificial colors, flavors, or sweeteners and is non-GMO. It's been carefully formulated with the right potency of important nutrients to help prepare your mind and your muscles for intense training and performance.†

Suggested Use: Mix 1 level scoop with 8-10 ounces of water in a glass or shaker bottle and mix well. Drink 15-30 minutes before workout for best results. For higher intensity workouts, an additional serving may be taken. **CERTIFIED VEGAN.**

NOTICE: Consult a health care professional prior to use. Do not use if you are pregnant, nursing, sensitive to caffeine, under the age of 18, have any known or suspected medical conditions, and/or if you are taking any prescription or OTC medications. The caffeine content in this product is equivalent to about 3-4 oz of coffee. Too much caffeine may cause nervousness, irritability, sleeplessness, and, occasionally, rapid heartbeat. Begin use with 1 serving size or less and assess your tolerance. Once tolerance is assessed, take a maximum dose of 2 servings daily. To avoid sleeplessness, do not consume within 6 hours of bedtime. **KEEP OUT OF REACH OF CHILDREN.**



Trace Minerals Research
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801-731-6051



r-MGY16

† 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 40-SERV JAR



FEATURES:

BCAA'S • CREATINE
CITRULLINE MALATE 2:1
CARNOSYN® BETA-ALANINE
ARGININE • NATURAL CAFFEINE
B-VITAMINS • 72 ELECTROLYTES

BENEFITS:

MENTAL FOCUS* • ENERGY*
POWER* • STRENGTH* • ENDURANCE*
CIRCULATION* • HYDRATION*
IMMUNE SUPPORT*

TMRFIT SERIES

CLEAN



40 SERVINGS!

PRE
WORKOUT

SUPERCHARGED WITH 72 ELECTROLYTES
NO ARTIFICIAL COLORS, FLAVORS, OR SWEETENERS

CLEAN UP YOUR WORKOUT!



ENERGY*



FOCUS*



STRENGTH*



ENDURANCE*

RASPBERRY LEMONADE
FLAVOR

NON-GMO

liqujmins™

DIETARY SUPPLEMENT
NET WT 18.1 OZ (1.1 LB) 514g

CONTAINS
NATURAL CAFFEINE

NEW!
IMPROVED FLAVOR!

Supplement Facts

Serving Size 1 scoop (12.9 g)
Servings Per Container About 40

	1 Scoop	2 Scoops
Amount Per Serving	%DV	%DV
Calories	25	45
Total Carbohydrate	5g 2%*	11g 4%*
Sugars	4g	8g
Vitamin C (as Ascorbic Acid)	50mg 83%	100mg 166%
Thiamin	0.23mg 15%	0.45mg 30%
Riboflavin	0.25mg 15%	0.5mg 30%
Niacin	5mg 25%	10mg 50%
Vitamin B6 (as Pyridoxine HCL)	5mg 250%	10mg 500%
Folic Acid	50mcg 13%	100mcg 25%
Vitamin B12 (as Methylcobalamin)	12mcg 200%	24mcg 400%
Pantothenic Acid (as D-Calcium Pantothenate)	2.5mg 25%	5mg 50%
Magnesium (from ITM)	15mg 4%	30mg 8%
Chloride (from Potassium Chloride, ITM)	45mg 2%	90mg 4%
Sodium (as Sodium Citrate)	10mg <1%	20mg 1%
Potassium (from Potassium Chloride)	15mg <1%	30mg <1%
Power, Strength, & Endurance Blend	1651mg †	3301mg †
Creatine Monohydrate, CarnoSyn® Beta-Alanine, Creatine HCL, Chinese Ginseng, Rhodiola root powder, Eleuthero root powder, Quercetin Dihydrate powder, Alpha Lipoic Acid.		
Nitric Oxide Boost/Circulation Blend	1250mg †	2500mg †
AAKG L-Arginine, L-Arginine, Beet Root powder, L-Citrulline DL-Malate 2:1.		
BCAA 2:1:1 Blend	1000mg †	2000mg †
L-Leucine, L-Isoleucine, L-Valine.		
Mental Focus/Energy Blend	641mg †	1282mg †
Guarana, D-Ribose, Green Tea leaf, Choline Citrate, Ginkgo Biloba leaf powder. (Net Caffeine = 75mg)		
Ionic Trace Minerals (ITM) Electrolyte Blend	250mg †	500mg †
A complex of over 72 naturally occurring ionic trace minerals and electrolytes.		

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

Other Ingredients: Certified organic cane sugar, xylitol, citric acid, natural flavors blend (lemon, raspberry, other natural flavors), guar gum, stevia leaf extract, malic acid, natural NON-GMO color (ExBerry™), silica, xanthan gum.

ALLERGEN INFO: contains no known allergens. **GLUTEN FREE.**
Natural Alternatives International (NAI) is the owner of patents as listed on www.carnosyn.com and registered trademark CarnoSyn®.

