Take one serving (1 scoop) of C4® Extreme Energy, mixed with 6-8fl. oz. of water 20-30 minutes before ratining. During your workout, it is recommended that you fink plenty of water or performance beverage such as Cellucor® Alpha Aminot to stay hydrated. Some individuals experience a harmless tingling sensation, which is attributable to beta alanie. USE DNLY AS 01/BICETED.

OLDER. Do not use if pregnant, nursing, or currently taking PDE5 inhibitors or nitrates for chest pain. Do not take this product before consulting a licensed, qualified, health care professional if you are taking any other dietary supplement, prescription drug or over-the-counter medication, or if, you suspect you have or have been treated for, diagnosed with or have a family history of, any medical







PRE-WORKOUT

SERVINGS

DIETARY SUPPLEMENT NET WT 270 a (9.52 oz)

SUPPLEMENT FACTS

Serving Size: 1 scoop (9g) Servings Per Container: 30

Arginine Alpha Ketoglutarate

Amount	Per Serving	% DV
Calories	5	
Total Carbohydrate	1g	<1%**
Vitamin C (as Ascorbic Acid)	250mg	417%
Niacin (as Niacinamide)	60mg	300%
Vitamin B6 (as Pyridoxal-5-Phosphate		50%
Folic Acid	500mcg	125%
Vitamin B12 (as Methylcobalamin)	70mcg	1167%
CarnoSyn® Beta-Alanine	3.2g	t
Creatine Nitrate (NO3-T®)	1g	<u> </u>

**Percent Daily Values (% DV) are based on a 2,000 calorie diet.

Other Ingredients: Natural & Artificial Flavors, Citric Acid, Malic Acid, Silicon Dioxide. Acesulfame Potassium. Sucralose. FD&C Red #40.