SUGGESTED USE:

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

WARNING:

OF AGE OR 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 Discontinue use 2 weeks prior to surgery. Immediately discontinue use and contact a medical doctor if you experience any adverse reaction to this product. Do not use this product continuously for more than 8 weight, not volume. Some settling of powder may occur during shipping and handling, which may affect density of powder. This product contains the servings indicated when measured exactly by weight

product is not intended to diagnose, treat cure, or prevent any disease



CUSTOMIZE YOUR C4 EXPERIENCE C4 C4 C4 C4 C4 EXTREME EXTREME



EXPLOSIVE HIGH ENERGY PRE-WORKOUT"

CHERRY LIMEADE

NATURALLY AND ARTIFICIALLY FLAVORED

DIETARY SUPPLEMENT NET WT 450 a (15.9 oz.)

SUPPLEMENT FACTS

Serving Size: 1 scoop (9g) Servings Per Container: 50

series

SERVINGS

	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)	1mg	50%
Folic Acid	500mcg	125%
Vitamin B12 (as Methylcobalamin)	70mcg	1167%
CarnoSyn® Beta-Alanine	3.2g	1
Creatine Nitrate (NO3-T®)	1g	
Arginine Alpha Ketoglutarate	1g	<u> </u>
C4® Extreme Energy Blend	831ma	

N-Acetyl-L-Tyrosine, Caffeine Anhydrous (300mg), Velvet Bean (Mucuna pruriens) seed extract (standardized for L-Dopa), Theacrine (as TeaCrine®), Rauwolfia vornitoria root bark extract, Huperzine A (from Toothed Clubmoss (Huperzia serrata) aerial parts extract)

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

Daily Value not established Other Ingredients: Natural & Artificial Flavors, Citric Acid, Malic Acid, Silicon Dioxide, Acesulfame Potassium. Sucralose, FD&C Red #40.

Cellucor®, C4® and C4 Extreme Energy™ Natural Alternatives International (NAI) is the CarnoSyn
owner of patents as listed on www.carnosyn.com
and registered trademark CarnoSyn®.

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