SUGGESTED USE:

Take one serving (1 scoop) of C4® Ripped, mixed with 6 ft. oz. of water 20-30 minutes before training. During your workout, its recommended that you drink plenty of which performance beyerage such as Cellucor Alpha Amino® to stay hydrated. Some individuals may experience a harmless fingling sensation, which is attributed to beta alanine. USE ONLY AS DIRECTORY.

WARNING:











DIETARY SUPPLEMENT NET WT 180 a (6.3 oz)



series

SUPPLEMENT FACTS

1	Amount Per Serving		% DV
ı	Vitamin C (as Ascorbic Acid)	250mg	417%
ı	Niacin (as Niacinamide)	30mg	150%
ı	Vitamin B6 (as Pyridoxal-5-Phosphate)	500mcg	25%
ı	Folic Acid	250mcg	62%
ı	Vitamin B12 (as Methylcobalamin)	35mcg	583%
ı	Calcium (as Calcium Silicate)	14mg	1%
ı	CarnoSyn® Beta-Alanine	1.6g	†
П	Arginine Alpha Ketoglutarate	1g	t