

**SUGGESTED USE:**

Take one serving (1 scoop) of C4® Ultimate, mixed with 10-12 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 may experience a harmless tingling sensation, which is attributable to beta alanine. USE ONLY AS DIRECTED.

**WARNING:**

THIS PRODUCT IS ONLY INTENDED FOR HEALTHY ADULTS, 18 YEARS OF AGE OR OLDER. Do not use if pregnant, nursing, 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 condition. This product contains caffeine and should not be used in combination with caffeine or stimulants from other sources. 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 weeks. Do not use if safety seal is broken or missing. Store in a cool dry place. KEEP OUT OF REACH OF CHILDREN. This product is sold by 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.

\*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.

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**CUSTOMIZE YOUR C4 EXPERIENCE**

	C4 SPORT	C4 ZERO	C4 ORIGINAL	C4 RIPPED	C4 EXTREME ENERGY	C4 ULTIMATE
ENERGY*	•	●	●	●	●	●
FOCUS*	●	•	●	●	●	●
PUMPS*	●	●	●	●	●	●
ENDURANCE*	●	●	●	●	●	●
SPORTS CERTIFIED	✓					
TINGLE FREE		✓				
CREATINE NITRATE			✓		✓	✓
SUPPORTS WEIGHT LOSS*				✓		
	●	●	●			
	MODERATE	ADVANCED	EXTREME			

THE MOST EXPLOSIVE  
**PRE-WORKOUT** 20  
COTTON CANDY SERVINGS

DIETARY SUPPLEMENT NET WT 380 g (13.4 oz)

iD  
series

**SUPPLEMENT FACTS**

Serving Size: 1 scoop (19g)  
Servings Per Container: 20

	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	50mcg	12.5%
Vitamin B12 (as Methylcobalamin)	70mcg	16.7%
Calcium (as Calcium Silicate)	18mg	2%
Citrulline Malate	6g	†
CarnoSyn® Beta-Alanine	3.2g	†
Creatine Nitrate (NO3-T®)	1.5g	†
Betaine Anhydrous	1.5g	†
Nitrosigine® Inositol-Stabilized Arginine Silicate	1.5g	†
Arginine Alpha Ketoglutarate	1g	†
Taurine	1g	†
C4® Ultimate Energy & Focus Blend	85mg	†
N-Acetyl-L-Tyrosine, Caffeine Anhydrous (300mg), Velvet Bean ( <i>Mucuna pruriens</i> ) seed extract (standardized for L-Dopa), Theanine (as TeaCrine®), AlphaSize® A-GPC (Alpha-Glyceryl Phosphoryl Choline), Zembrin® ( <i>Sceletium tortuosum</i> ) aerial parts extract, <i>Rauvolfia serpentina</i> bark extract, Huperzine A (from Toothed Clubmoss ( <i>Huperzia serrata</i> ) aerial parts extract)		

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

† Daily Value not established.

Other Ingredients: Natural & Artificial Flavors, Silicon Dioxide, Sucrose, Beet Juice (color), Calcium Silicate, Polydextrose, Acesulfame Potassium.

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CarnoSyn® Zembrin®

NO3-T® Nitrate Technology

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