



SPORTS NUTRITION

SUPPLEMENT FACTS

Serving Size: 1 pouch (12.5 grams)

Servings per Container: 30

	Amount per serving	%DV*
Calories 15	Calories from fat 0	
Sodium	15mg	<1%
Carbohydrates	4.5g	2%
Dietary Fiber	<1g	2%
Sugars	2.5g	†
Protein	<1g	†
Vitamin C (ascorbic acid)	75mg	125%
Vitamin B3 (niacinamide)	62mg	310%
Vitamin B6 (pyridoxine hcl)	7mg	350%
Vitamin B12 (cyanocobalamin)	125mcg	2,100%
Proprietary Blend	9,485mg	

L-Arginine, L-Arginine AKG, L-Citruline, Beta Alanine, Betaine, Glycocyamine, Creatine monohydrate & FOS (fructooligosaccharide), Caffeine (from caffeine anhydrous & guarana), Chlorophyll, Stevia (leaf) & Spirulina

* Daily Value (DV) based on 2,000 calorie diet.

† Daily Value not established.

Other Ingredients: Crystalline fructose, citric acid, tricalcium phosphate, ascorbic acid, natural flavors.

Directions: Mix with 12 oz of water and drink 20-30 minutes prior to working out. Best when consumed within 12 hours of mixing.

Do not exceed more than 2 servings within a 24 hour period.

Warning: This product is only intended to be consumed by healthy adults 18 years of age or older. Before using this product consult with your physician if you are using any prescription or over the counter medication or if you have any pre-existing medical condition. Discontinue use and consult your health care professional if you experience any adverse reaction to this product. Do not exceed recommended serving. Do not use if safety seal is broken or missing Do not use more than 5 out of 7 consecutive days. KEEP OUT OF REACH OF CHILDREN.

These statements have not been evaluated by the food and Drug Administration. This product is not intended to treat, diagnose, cure or prevent any disease.