

# S U P P L E M E N T F A C T S

MASS IMPACT®  
**CITRUS**



## Supplement Facts

Serving Size: 1 scoop (0.4oz/11.5g) [makes 8 fl oz prepared]  
Servings Per Container: About 20

	Amt Per Serving	%DV
Calories	20	
Total Carbohydrates	3g	1%†
Sodium	200mg	8%
Creatine monohydrate	3g	**
L-Leucine	2g	**
Glycine	1g	**
L-Alanyl-L-Glutamine	500mg	**

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

\*\*Daily Value not established

**OTHER INGREDIENTS:** MALTODEXTRIN, SODIUM CITRATE, SILICA, SUCRALOSE, NATURAL FLAVOR.

MANUFACTURED EXCLUSIVELY FOR  
ADVOCARE® INTERNATIONAL, LLC  
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**FOR MORE INFORMATION VISIT [ADVOCARE.COM](http://ADVOCARE.COM)**

### **DIRECTIONS FOR USE:**

SHAKE OR STIR CONTENTS OF ONE LEVEL SCOOP INTO 8 OUNCES OF WATER OR THE BEVERAGE OF YOUR CHOICE. CONSUME ON AN EMPTY STOMACH 30 MINUTES BEFORE EXERCISE. MAY CONSUME UP TO 3 SERVINGS PER DAY (MULTIPLY INGREDIENT AMOUNTS BY 3 FOR TOTAL DAILY SERVING SIZE).

**STORE AWAY FROM EXCESSIVE HEAT, LIGHT AND HUMIDITY.**

**CAUTION:** CHECK WITH YOUR HEALTHCARE PROFESSIONAL BEFORE USING THIS PRODUCT. THIS PRODUCT IS NOT INTENDED FOR CHILDREN OR PREGNANT OR NURSING WOMEN. ALWAYS MAINTAIN PROPER HYDRATION DURING PRODUCT USE.

**KEEP OUT OF REACH OF CHILDREN.**

This online information is correct and accurate at the time of publication. Please consult product labeling for current revision.

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