

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

PRE WORKOUT
STRAWBERRY LEMONADE



Supplement Facts

Serving Size: 1 stick pack (0.25 oz/7g) [makes 8 fl oz prepared]
Servings Per Container: 14

	Amount Per Serving	%DV
Calories	20	
Total Carbohydrate	5g	2%†
Total Sugars	3g	
Includes 3g Added Sugars		6%†
Vitamin C (as ascorbic acid)	100mg	111%
Vitamin B6 (as pyridoxine HCl)	2mg	118%
Folate	667mcg DFE (400mcg folic acid)	167%
Vitamin B12 (as cyanocobalamin)	30mcg	1250%
Chromium (as chromium citrate)	500mcg	1429%
Amino Blend (L-Tyrosine, L-Aspartic Acid, L-Citrulline, Glycine Propionyl-L-Carnitine HCl)	700mg	**
Green Tea Extract (leaf – <i>Camellia sinensis</i>)	100mg	**
Caffeine	110mg	**
Coenzyme Q10	30mg	**
Cayenne Extract‡ (fruit – <i>Capsicum annuum</i> L.)	25mg	**

†Percent Daily Values (DV) are based on a 2,000 calorie diet.
**Daily Value not established.

OTHER INGREDIENTS: SUGAR, NATURAL FLAVORS, CITRIC ACID, GUM ACACIA, SILICON DIOXIDE, BEET ROOT POWDER (FOR COLOR), REBAUDIOSIDE A (STEVIA EXTRACT).

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DIRECTIONS FOR USE:

BLEND, SHAKE, OR BRISKLY STIR CONTENTS OF ONE STICK PACK INTO 8 FLUID OUNCES OF WATER. CONSUME 30-45 MINUTES PRIOR TO EXERCISE.

STORE AWAY FROM EXCESSIVE HEAT, LIGHT AND HUMIDITY.

CAUTION: CHECK WITH YOUR HEALTHCARE PROFESSIONAL BEFORE USING THIS PRODUCT. NOT FOR USE BY CHILDREN OR PERSONS WHO ARE SENSITIVE TO CAFFEINE.

KEEP OUT OF REACH OF CHILDREN.

‡CAPSICUM EXTRACT – (FROM CAPSIMAX®) IS A REGISTERED TRADEMARK OF OMNIACTIVE HEALTH TECHNOLOGIES LTD.



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