

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 Extracts (leaf – <i>Camellia sinensis</i> standardized to 110mg of caffeine)	230mg	**
Coenzyme Q10	30mg	**
Capsicum 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: CANE SUGAR, NATURAL FLAVORS, CITRIC ACID, GUM ACACIA, SILICA, BEET ROOT POWDER (FOR COLOR), REBAUDIOSIDE A (STEVIA EXTRACT).

MANUFACTURED EXCLUSIVELY FOR
ADVOCARE® INTERNATIONAL, LLC
RICHARDSON, TX 75082 • 800-542-4800
FOR MORE INFORMATION VISIT ADVOCARE.COM

DIRECTIONS FOR USE:

BLEND, SHAKE, OR BRISKLY STIR CONTENTS OF ONE STICK PACK INTO 8 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.

Capsimax®
CAPSICUM EXTRACT

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