

SUGGESTED USE: As a dietary supplement, adults mix each serving (1 scoop) with 4-6 oz of water 20-30 minutes prior to workout. Do not exceed two (2) scoops per day. This product should not be taken in combination with by the products containing caffeine or other stimil lants. Some individuals may experience a harmless tingling and skin flush which are attributed to the beta alamine and niacin in this product. Do not take within six hours of bedfine. Prior to each use, shake container vigorously to ensure experience and beds. Please read the entire

Supplement Facts Serving Size 1 scoop (52g) Servings Per Container 20

Amount Per Serving	% Daily Value	
Niacin (as Nicotinic Acid and Niacinamide)	30 mg	150%
Vitamin B12 (as Methlycobalamin)	500 mcg	8,330%
Calcium (as Calcium Silicate)	59 mg	6%

Performix[™] ION Preworkout Complex[†]

with exclusive Performix Terra Intelligent Dosing™ beadlets

Sustained Muscular Peformance Blend and Ballistic Energy Matrix

Carnosyn® Beta Alanine, Citrulline Malate 2:1, Betaine Anhydrous, Creatine HCl, N-Acetyl L-Tyrosine, Advantra Z® Bitter Orange (*Citrus aurantium*) Extract (fruit) (supplying synephrine, n-methytyramine, hordenine, tyramine and octopamine], Bioperine® Black Pepper (*Piper nigrum*)
Extract (fruit)[std. to 95% Piperine], Rauwolscine (*Rauvolfia canescens*) Extract (bark)[std. to 90%

Caffeine	175 mg	**

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

OTHER INGREDIENTS: Natural & Artificial Flavors , Calcium Silicate, Hydrogenated Vegetable Oil, Microcrystalline Cellulose, Sucralose, Sodium Citrate, Silica, Acesulfame Potassium, Hydroxypropyl Methylcellulose (HPMC). Ethylcellulose, FD&C Red Dve #40. FD&C Yellow #6.

This product was produced in a facility that may also process ingredients containing milk, eggs, fish, crustacean she fish tree nuts neanuts wheat and sowheans