Directions: If this is your first time using **PULSE**, assess your individual tolerance by mixing 1 scoop with 10-12 ounces of water and consuming 15-30 minutes prior to exercise. If you experience any non-optimum effects, stop and consult your doctor. We recommend using 1 scoop 15-30 minutes prior to weight training or intense cardio, or 2 scoops (full clinical dosages) for intense weight training or cardio lasting longer than 45 minutes.

PULSE contains no proprietary blends and each serving delivers nearly 20 grams of active ingredients scientifically proven to improve performance, including citrulline malate, beta-alanine, betaine, and ornithine.†

Compare that to other popular pre-workout supplements and you'll quickly see that **PULSE** just gives you more for your money. And let's not forget that it's also naturally sweetened and flavored and contains no artificial food dyes or unnecessary fillers.†

The bottom line is the proof of the superiority of **PULSE** is in the pudding, and once you try it, you're likely to become one of the thousands of people that swear they'll never use another pre-workout again.†

† **These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.**

GLUTEN FREE

MADE IN USA

MADE IN A GMP & FDA INSPECTED FACILITY

LEGION®

PULSE

CLINICALLY EFFECTIVE INGREDIENTS AND DOSAGES

PRE-WORKOUT DRINK

SMOOTH ENERGY RUSH† | POWERFUL PERFORMANCE BOOST† | SUPER HUMAN ENDURANCE†

21 SERVINGS | BLUE RASPBERRY | 100% NATURALLY SWEETENED & FLAVORED

DIETARY SUPPLEMENT | NET WEIGHT: 584G (1.34 LBS)

PRESS WEB DIRECTION

⚠ WARNING

Not intended for persons under the age of 18. Do not use if pregnant or nursing. Consult a health care professional prior to consumption if you have any pre-existing medical conditions or are taking any prescription medication. Improper use of this product will not improve results and is potentially hazardous to a person's health. Use only as directed.

KEEP OUT OF REACH OF CHILDREN. STORE IN A COOL, DRY PLACE. DO NOT USE IF SAFETY SEAL IS BROKEN OR MISSING.

Developed by: Legion Athletics
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SUPPLEMENT FACTS

Serving Size: 2 Scoops (26.9g)
Servings Per Container: 21

	Amount Per Serving	%DV*
Calories	5	
Total Carbohydrate	4 g	1%
Calcium (as Calcium Silicate)	68 mg	6%
Sodium (as Sodium Citrate and Sodium Chloride)	144 mg	6%
Potassium (as TriPotassium Citrate Monohydrate)	277 mg	6%
L-Citrulline DL-Malate 2:1	8 g	**
CarnoSyn® Beta-Alanine	4 g	**
Betaine Anhydrous	2.5 g	**
L-Ornithine HCL	2.2 g	**
Taurine	2g	**
Caffeine Anhydrous	350 mg	**
L-Theanine	350 mg	**

*Percent Daily Value Based on a 2,000 Calorie Diet
**Daily Value Not Established

OTHER INGREDIENTS:
Erythritol, Maltodextrin, Natural Flavors, Silicon Dioxide, Stevia Rebaudiana (Leaf) Extract, Sweeva® (Erythritol, Oligosaccharides, Natural Flavors), Spirulina Extract (for color)

CarnoSyn

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