## WHY WOULD YOU EAT CLEAN AND THEN TAKE DIRTY SUPPLEMENTS? **CLEAN UP YOUR WORKOUT!**

PRE-WORKOUT is the all-in-one workout supplement that's part of our TMRFIT™ SERIES of clean sports nutrition products. It contains NO artificial colors, flavors, or sweeteners and is non-GMO. It's been carefully formulated with the right potency of important nutrients to help prepare your mind and your muscles for intense training and performance.\*

Suggested Use: Mix 1 level scoop with 8-10 ounces of water in a glass or shaker bottle and mix well. Drink 15-30 minutes before workout for best results. For higher intensity workouts, an additional serving may be taken. CERTIFIED VEGAN.

## **FEATURES:**

BCAA'S • CREATINE **CITRULLINE MALATE 2:1** CARNOSYN® BETA-ALANINE ARGININE • NATURAL CAFFEINE **B-VITAMINS • 72 ELECTROLYTES** 

## **BENEFITS:**

MENTAL FOCUS\* • ENERGY\* POWER\* • STRENGTH\* • ENDURANCE\* CIRCULATION: • HYDRATION: IMMUNE SUPPORT<sup>‡</sup>

NOTICE: Consult a health care professional prior to use. Do not use if you are pregnant, nursing, sensitive to caffeine. OTC medications. The caffeine content in this product is equivalent to about 3-4 oz of coffee. Too much caffeine may cause nervousness, irritability, sleeplessness, and, occasionally, rapid heartbeat. Begin use with 1 serving size or less and assess your tolerance. Once tolerance is assessed, take a maximum dose of 2 servings daily. To avoid sleeplessness, do not consume within 6 hours of bedtime, KEEP OUT OF REACH OF CHILDREN



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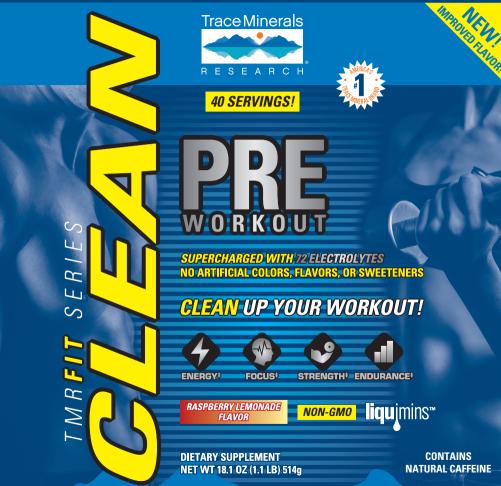
and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.











## **Supplement Facts**

Serving Size 1 scoop (12.9 g) Servings Per Container About 40

	1 Scoop		2 Scoops	
Amount Per Serving		%DV		%DV
Calories	25		45	
Total Carbohydrate	5g	2%*	11g	4%*
Sugars	4g		8g	
Vitamin C (as Ascorbic Acid)	50mg	83%	100mg	166%
Thiamin	0.23mg	15%	0.45mg	30%
Riboflavin	0.25mg	15%	0.5mg	30%
Niacin	5mg	25%	10mg	50%
Vitamin B6 (as Pyridoxine HCL)	5mg	250%	10mg	500%
Folic Acid	50mcg	13%	100mcg	25%
Vitamin B12 (as Methylcobalamin)	12mcg	200%	24mcg	400%
Pantothenic Acid (as D-Calcium Pantothenate)	2.5mg	25%	5mg	50%
Magnesium (from ITM)	15mg	4%	30mg	8%
Chloride (from Potassium Chloride, ITM)	45mg	2%	90mg	4%
Sodium (as Sodium Citrate)	10mg	<1%	20mg	1%
Potassium (from Potassium Chloride)	15mg	<1%	30mg	<1%
Power, Strength, & Endurance Blend Creatine Monohydrate, CarnoSyn® Beta-Alanine, Creatir Eleuthero root powder, Quercetin Dihydrate powder, Alp Nitric Oxide Boost/Circulation Blend	ha Lipoic Acid.	† e Ginseng, †		† powder,
AAKG L-Arginine, L-Arginine, Beet Root powder, L-Citrull	1250mg ine DL-Malate		2500mg	Т
BCAA 2:1:1 Blend L-Leucine, L-Isoleucine, L-Valine.	1000mg	†	2000mg	†
Mental Focus/Energy Blend Guaraná, D-Ribose, Green Tea leaf, Choline Citrate, Gink (Net Caffeine = 75mg)	641mg go Biloba leaf	† powder.	1282mg (Net Caffei = 150mg)	† ne
Ionic Trace Minerals (ITM) Electrolyte Blend A complex of over 72 naturally occurring ionic trace mine	250mg erals and elect	† rolytes.	500mg	t

<sup>\*</sup> Percent Daily Values (DV) are based on a 2,000 calorie diet.

Other Ingredients: Certified organic cane sugar, xylitol, citric acid, natural flavors blend (lemon raspberry, other natural flavors), quar gum, stevia leaf extract, malic acid, natural NON-GMO color (Exberry®), silica, xanthan gum

ALLERGEN INFO: contains no known allergens, GLUTEN FREE

† Daily Value not established

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