



175 MG
CAFFEINE FROM
NATURAL SOURCES

1.5 G
BETA-
ALANINE

3 G
CREATINE
MONOHYDRATE

GOLD STANDARD

PRE-WORKOUT

**BANNED
SUBSTANCE
FREE**



BLUEBERRY LEMONADE
Naturally & Artificially Flavored

ENERGY[^] + FOCUS[^] + ENDURANCE^{^*}

DIETARY SUPPLEMENT NET WT. 1.41 OZ (40 G)

4 SERVINGS



TRUE STRENGTH
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MANUFACTURED IN THE USA
This product contains ingredients of international and domestic origin.

- ▶ **PRECURSOR TO N.O.^{^*}**
- ▶ **PERFORMANCE SUPPORT^{^*}**
- ▶ **ENHANCED ENDURANCE^{^*}**
- ▶ **ENERGY & FOCUS^{^*}**

*When taken at the maximum recommended dose over time.

EXTREME	INTENSE	350 MG	175 MG	3 G	1.5 G	3 G
CAFFEINE	CAFFEINE	BETA-ALANINE	CREATINE MONOHYDRATE	L-CITRULLINE MALATE		

SCOOP # | CHOOSE YOUR STRENGTH

OPTIMUM NUTRITION
975 Meridian Lake Dr.
Aurora, IL 60504
1 (800) 705-5226
TRUESTRENGTH.COM

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Camosyn
Creapure
Vital Citrus

INFORMED-CHOICE is a quality assurance program for sports nutrition products. The program certifies that all nutritional supplements that bear the Informed-Choice logo have been tested for banned substances by the World Anti-Doping Agency (WADA).
 WARNING: CONSULT YOUR PHYSICIAN BEFORE USING THIS PRODUCT IF YOU ARE TAKING ANY MEDICATIONS OR ARE UNDER A PHYSICIAN'S CARE FOR A MEDICAL CONDITION. NOT FOR USE BY THOSE UNDER THE AGE OF 18. WOMEN THAT ARE PREGNANT, BREAST FEEDING, AND SENSITIVE TO CAFFEINE, NIACIN OR BETA-ALANINE, DO NOT CONSUME. CAFFEINE FROM OTHER SOURCES WHILE TAKING THIS PRODUCT AS TOO MUCH. CAFFEINE MAY CAUSE NERVOUSNESS, IRRITABILITY, SLIGHT HEADACHE, AND OCCASIONALLY RAPID HEARTBEAT. BETA-ALANINE AND NIACIN MAY CAUSE A HARMLESS, TEMPORARY TINGLING OR FLUSHING SENSATION.
 KEEP OUT OF REACH OF CHILDREN. DO NOT COMBINE WITH ALCOHOL. CONSUME AS PART OF A HEALTHY DIET AND EXERCISE PROGRAM, AND DRINK AT LEAST 100 OZ OF WATER PER DAY. EXERCISE MAY INCREASE YOUR NEED FOR FLUID INTAKE. STORE IN A COOL, DRY PLACE. CONTENTS SOLD BY WEIGHT NOT VOLUME.
 † These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

OTHER INGREDIENTS: Natural & Artificial Flavors, Citric Acid, Malic Acid, Silicon Dioxide, Calcium Silicate, Caffeine (from Tea and/or Coffee Bean), Gum Blend (Cellulose Gum, Xanthan Gum, Carrageenan), Sucralose, Tartaric Acid, Acesulfame Potassium, FD&C Blue #1.
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 Aurora, IL 60504
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Amount Per Serving	% Daily Value	% Daily Value
Servings Per Bag	2 Scoops (20 g)	2
Calories	5	10
Total Carbohydrate	1 g	1%
Vitamin D (as Cholecalciferol)	500 IU	125%
Thiamin (as Thiamin HCl)	2 mg	133%
Niacin (as Nicotinic Acid)	20 mg	100%
Vitamin B6 (as Pyridoxine HCl)	2 mg	100%
Folic Acid	200 mcg	50%
Vitamin B12 (as Cyanocobalamin)	10 mcg	167%
Pantothenic Acid (as D-Calcium Pantothenate)	10 mg	100%
Muscle Matrix [†]	3 g	6 g
Creatine Monohydrate	3 g	6 g
AstraGin [®] Proprietary Blend (Astragalus membranaceus Extract (root) & Panax notoginseng Extract (root))	25 mg	50 mg
Performance Composite [†]	1.5 g	3 g
L-Citrulline Malate	1.5 g	3 g
Beta-Alanine (as Camosyn [®])	1.5 g	3 g
Energy & Focus Complex [†]	375 mg	750 mg
Acetyl-L-Carnitine HCl	250 mg	500 mg
N-Acetyl-L-Tyrosine	175 mg	350 mg
Caffeine	100 mg	200 mg
Citrus Bioflavonoids	100 mg	200 mg

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

DIRECTIONS: Mix each scoop with 6-8 oz of water and consume 20-30 minutes before training. Start with 1 scoop or less to assess your tolerance. DO NOT EXCEED 2 SCOOPS PER DAY.



Trusted by sport