



175 MG
CAFFEINE FROM
NATURAL SOURCES

1.5 G
BETA-
ALANINE

3 G
CREATINE
MONOHYDRATE

GOLD STANDARD

PRE-WORKOUT

BANNED
SUBSTANCE
FREE

WATERMELON
Naturally & Artificially Flavored

ENERGY[▲] + FOCUS[▲] + ENDURANCE^{▲*}

DIETARY SUPPLEMENT NET WT. 1.41 OZ (40 G)

4 SERVINGS



TRUE STRENGTH

www.onnutrition.com



MANUFACTURED IN THE USA



VI 264 091 4US

- PERFORMANCE SUPPORT^{▲*}
- ENHANCED ENDURANCE^{▲*}
- ENERGY & FOCUS^{▲*}

*When taken at the maximum recommended dose over time.

TRUESTRENGTH.COM

EXTREME	175 MG	350 MG
INTENSE	1.5 G	3 G
SCOOP	1.5 G	3 G
SCOOP	1.5 G	3 G

CHOOSE YOUR STRENGTH

OTHER INGREDIENTS: Natural & Artificial Flavors, Citric Acid, Malic Acid, Silicon dioxide, Calcium Silicate, Caffeine (from Tea and/or Coffee Beans), Gum Blend (Cellulose Gum, Xanthan Gum, Carrageenan), Sucralose, Beet Juice Powder, Tartaric Acid, Acesulfame Potassium.

MANUFACTURED BY OPTIMUM NUTRITION

975 Meridian Lake Dr., Aurora, IL 60504



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.

CONTAINS 175 MG OF CAFFEINE PER SCOOP

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.

KEEP OUT OF REACH OF CHILDREN. DO NOT TAKE UNDER THE AGE OF 18. WOMEN THAT ARE PREGNANT, TRYING TO GET PREGNANT, OR NURSING SHOULD CONSULT THEIR 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 INDIVIDUALS WITH SENSITIVITY TO CAFFEINE, NIAICIN OR BETA-ALANINE. MAY CAUSE NERVOUSNESS, IRRITABILITY, SLEEPLESSNESS, AND OCCASIONALLY RAPID HEART BEAT. BETA-ALANINE AND NIAICIN MAY CAUSE A HARMLESS TEMPORARY TINGLING OR FLUSHING SENSATION.

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 INDIVIDUALS WITH SENSITIVITY TO CAFFEINE, NIAICIN OR BETA-ALANINE. MAY CAUSE NERVOUSNESS, IRRITABILITY, SLEEPLESSNESS, AND OCCASIONALLY RAPID HEART BEAT.

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INFORMED-CHOICE is a quality assurance program for sports nutrition products. The program certifies that all products are manufactured in a GMP facility. The program also tests for banned substances by the world class sports anti-doping lab, NFL Sport Science.

INFORMED-CHOICE logo

Amount Per Serving	% Daily Value	% Daily Value
Total Carbohydrate	10	10
Calories	5	10
Vitamin D (as Cholecalciferol)	125%	1,000 IU 250%
Thiamin (as Thiamin HCl)	2 mg	133% 4 mg 267%
Niacin (as Nicotinic Acid)	20 mg	100% 40 mg 200%
Vitamin B6 (as Pyridoxine HCl)	2 mg	100% 4 mg 200%
Folic Acid	200 mcg	50% 400 mcg 100%
Vitamin B12 (as Cyanocobalamin)	10 mcg	167% 20 mcg 333%
Pantothenic Acid (as D-Calcium Pantothenate)	10 mg	100% 20 mg 200%
Muscle Matrix [▲]	3 g	6 g
Creatine Monohydrate	3 g	6 g
(as Creatine)		
Astragin [®] Proprietary Blend	25 mg	50 mg
(Astragalus membranaceus Extract (root) & Panax notoginseng Extract (root))		
Performance Composite [▲]		
L-Citrulline Malate	1.5 g	3 g
Beta-Alanine (as Carnosyn [®])	1.5 g	3 g
Energy & Focus Complex [▲]		
Acetyl-L-Carnitine HCl	375 mg	750 mg
N-Acetyl-L-Tyrosine	250 mg	500 mg
Caffeine	175 mg	350 mg
Citrus Bioflavonoids	100 mg	200 mg

Supplement Facts

Serving Size 1 Scoop (10 g) 2 Scoops (20 g)
Servings Per Bag 4 2
Amount Per Serving % Daily Value % Daily Value

DO NOT EXCEED 2 SCOOPS PER DAY.

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.