Supplement Facts

Serving Size: 1 Scoop (21.88 g)
Servings Per Container: 30

	Amount Per Serving	% Daily Value
Calories	40	
Total Carbohydrates	10 g	3%*
Sodium	5 mg	<1%
SURGE 2.0 BLEND†	20,645 mg	**
Amino Recovery Blend†	10,701 mg	**
Maltodextrin, Waxy Maize, L-Glutamine, L-Leucine, L-Histidine, L-Ornithine AKG 1:1, L-Isoleucine, L-Valine, Amla extract (fruit)		
Nitrovascular Blend†	5,030 mg	**
CarnoSyn® Beta Alanine, L-Arginine AKG 2:1, L-Citrulline DL Malate 2:1, L-Arginine Base, L-Arginine DL Malate 2:1, L-Norvaline, Agmatine Sulfate		
ATP Volumizing Blend†	3,010 mg	**
Kre-Alkalyn® (Buffered Creatine Monohydrate), Creatine MagnaPower® (Magnesium Creatine Chelate), Creatine Monohydrate, Creatine HCl		
Extreme Energy/Focus Blend†	1,904 mg	**
Taurine, Caffeine Anhydrous (295 mg), N-Acetyl L-Tyrosine, Synephrine HCl, Kola Nut Powder, Rutaecarpine, Di-Caffeine Malate, *Mucuna pruriens* extract (seed) (std. 20% L-Dopa), Phosphatidyl Serine Powder, Huperzine A (*Huperzia serrata*) extract (whole herb)		

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

OTHER INGREDIENTS: Citric Acid, Natural Flavors, Calcium Silicate, Sucralose, Silicon Dioxide, Acesulfame Potassium, Yellow Color (Caramel Color and Turmeric Oleoresin)

Contains: Soy

CarnoSyn® is a registered trademark of Natural Alternatives International, Inc.
Kre-Alkalyn® is a registered trademark of All American Pharmaceutical and Natural Foods Corp.
Creatine MagnaPower® is a registered trademark of Albion Laboratories.

Manufactured exclusively for and distributed by:
ADVANCED NUTRITION SYSTEMS
ADVANCED NUTRITION LLC
221 S. Cherokee St, Denver, CO 80223
www.advanced247.com

†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.

SUGGESTED USE:
As a dietary supplement, adults mix each serving (1 scoop) with 8 oz of water 20-30 minutes prior to workout. Do not take more than 1 scoop daily. This product should not be taken in combination with other products containing caffeine or other stimulants. Do not take within six hours of bedtime.
Please read the entire label before use.

WARNING: DO NOT USE IF PREGNANT, NURSING, OR PLAN ON BECOMING PREGNANT. THIS PRODUCT IS INTENDED FOR USE BY HEALTHY ADULTS OVER THE AGE OF 18 AND SHOULD BE AVOIDED BY THOSE SENSITIVE TO CAFFEINE OR OTHER INGREDIENTS THAT HAVE KNOWN STIMULANT EFFECTS. Contains caffeine. Do not use this product continuously for more than 8 weeks. Do not combine with alcohol. Not intended for use by those with a medical condition. Use only as directed. Do not exceed recommended daily intake. Do not consume synephrine or caffeine from other sources, including, but not limited to, coffee, tea, soda and other dietary supplements or medications containing phenylephrine or caffeine. Consult a physician or licensed qualified health care professional prior to use if you are pregnant or nursing, or if you are taking medication, including, but not limited to MAOI, anti-depressants, aspirin, nonsteroidal anti-inflammatory drugs or products containing phenylephrine, ephedrine, pseudoephedrine, or other stimulants, or if you have a medical condition, including, but not limited to, heart, liver, kidney, or thyroid disease, psychiatric or epileptic disorders, difficulty urinating, diabetes, high blood pressure, cardiac arrhythmia, recurrent headaches, enlarged prostate or glaucoma. Discontinue 2 weeks prior to surgery or if you experience rapid heartbeat, dizziness, severe headache or shortness of breath. DO NOT USE IF SAFETY SEAL UNDER CAP IS BROKEN. KEEP OUT OF REACH OF CHILDREN.

Store in a cool, dry place. Please recycle.

Item ANS-109 1.1

MADE IN THE USA
Proudly made in the USA with carefully selected ingredients of international and domestic origin.

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POWERFUL COMPREHENSIVE PRE-WORKOUT†

SURGE 2.0 WAS DESIGNED TO DELIVER A MULTI-FACETED SPECTRUM OF BENEFITS. THESE BENEFITS INCLUDE: **MUSCLE-FILLING PUMPS**, ENHANCED **EXPLOSIVE STRENGTH** AND **ENDURANCE**, FAT-MELTING **METABOLIC INCREASE**, AND PHYSIQUE-IMPROVING **MUSCLE RECOVERY.†**

ADVANCED NUTRITION SYSTEMS

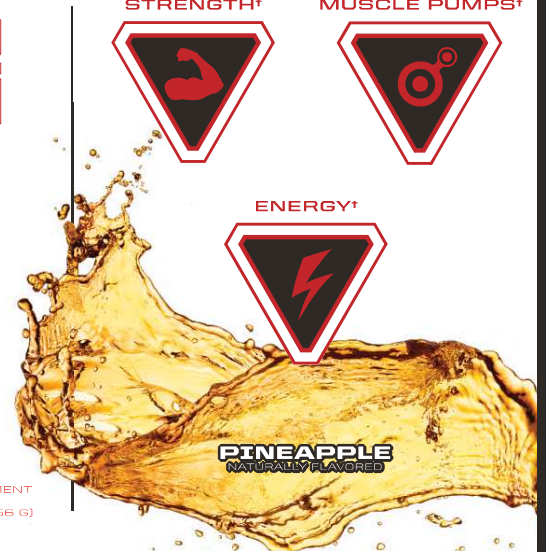
SURGE 2.0

PREMIUM PRE WORKOUT

STRENGTH†

MUSCLE PUMPS†

ENERGY†



DIETARY SUPPLEMENT
30 SERVINGS
NET WT. 29.1 OZ (856 G)