



PLATINUM

PRE

PRE-WORKOUT ENERGY & FOCUS[▲]

30 SERVINGS DIETARY SUPPLEMENT NET WT. 8.45 OZ (240 G)

TWISTED APPLE Naturally & Artificially Flavored

PER SCOOP

2G L-CITRULLINE

1.6G BETA-ALANINE

200MG CAFFEINE

Supplement Facts

Serving Size 1 Scoop (8 g) 2 Scoops (16 g) Servings Per Container 30 15

Table with 3 columns: Amount Per Serving, % Daily Value, and % Daily Value. Rows include: Total Carbohydrate, Protein, Vitamin C, Sodium, Potassium, L-Citrulline, Beta-Alanine, DMAE Bitartrate, PhytoBlend, Beet Juice Powder, Wine Grape Extract, Citrus Bioflavonoids, Caffeine, Red Pepper Extract.

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

OTHER INGREDIENTS: Natural and Artificial Flavors, Malic Acid, Citric Acid, Silicon Dioxide, Calcium Silicate, Lecithin, Sucralose, Tartaric Acid, Acesulfame Potassium.

ALLERGEN INFORMATION: CONTAINS MILK AND SOY (LECITHIN) INGREDIENTS.

MANUFACTURED BY OPTIMUM NUTRITION 975 Meridian Lake Dr. Aurora, IL 60504

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DIRECTIONS: Mix each scoop with 6-10 oz of water and consume 30 minutes before training. Start with 1 scoop or less to assess your tolerance.

DO NOT EXCEED MORE THAN 2 SCOOPS PER DAY.

KEEP OUT OF REACH OF CHILDREN.

DO NOT COMBINE WITH ALCOHOL. CONSUME AS PART OF A HEALTHY DIET, 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.

FROM VITAMIN C

CarnoSyn Carnosine Supplement CarnoSyn trademark and patents owned by Natural Alternatives International, Inc.

PepForm PepForm is a trademark of Glanbia plc.

Capsimax Capsimax trademark belongs to OmniActive Health Technologies.

MegaNatural MegaNatural Red Wine Grape Extract is a trademark of Constellation Wines U.S. Inc.

CONTAINS 200 MG OF CAFFEINE PER SCOOP

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, TRYING TO GET PREGNANT, OR NURSING, OR THOSE THAT ARE SENSITIVE TO CAFFEINE OR BETA-ALANINE. DO NOT CONSUME CAFFEINE FROM OTHER SOURCES WHILE TAKING THIS PRODUCT AS TOO MUCH CAFFEINE MAY CAUSE NERVOUSNESS, IRRITABILITY, SLEEPLESSNESS, AND OCCASIONALLY RAPID HEARTBEAT. BETA-ALANINE MAY CAUSE A HARMLESS, TEMPORARY TINGLING SENSATION.

TRUE STRENGTH www.OPTIMUMNUTRITION.COM



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



1 (800) 705-5226 TRUESTRENGTH.COM

2 SCOOPS PROVIDE:

- 4 Grams of L-Citrulline: an Amino Acid Precursor to N.O.
3.2 Grams of Beta-Alanine to Support Training Endurance
Energy and Metabolic Support
High Antioxidant Value
Training Performance Support

PRE DIAL-UP

Table with 3 columns: SCOOP #, ENERGY LEVEL, and Caffeine/Beta-Alanine amounts. Rows include: SCOOP # (1, 2), ENERGY LEVEL (INTENSE, EXTREME), CAFFEINE (200 MG, 400 MG), L-CITRULLINE (2 G, 4 G), BETA-ALANINE (1.6 G, 3.2 G)

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.



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