

DIRECTIONS: Drink 1 can 15 – 30 minutes prior to your workout. To support hydration, drink plenty of water throughout your workout.

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 OR FLUSHING SENSATION.

DO NOT COMBINE WITH ALCOHOL. DO NOT EXCEED 1 SERVING WITHIN ANY 24 HOUR PERIOD. CONSUME AS PART OF A HEALTHY DIET AND EXERCISE PROGRAM. AND DRINK AT LEAST 100 FL. OZ. OF WATER PER DAY. EXERCISE MAY INCREASE YOUR NEED FOR FLUID INTAKE.

Total Caffeine is 350 mg per serving.

TEACRINE®

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CarnoSyn
Carnosine Synthetizer

Natural Alternatives International (NAI) is the owner of patents as listed on www.carnosyn.com and registered trademark CarnoSyn®.



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350 MG
CAFFEINE

25 MG
TEACRINE®

1.5 G
BETA-ALANINE

0 G
SUGAR

ZERO
CALORIES



FINISH FIRST.®

FINISH FIRSTTM
ENERGY & PERFORMANCE PRE-WORKOUTTM

350 MG CAFFEINE

BLUE RAZ

NATURALLY & ARTIFICIALLY FLAVORED

PRE-WORKOUT ENERGY DRINK
NET 16 fl oz (473 mL)

HIGH CAFFEINE CONTENT (350 MG)
READ ENTIRE LABEL BEFORE CONSUMING.

Nutrition Facts

Serving size 1 Can (16 fl oz)

Amount per serving

Calories 0

% Daily Value*

Total Fat 0g 0%

Sodium 0mg 0%

Total Carbohydrate 0g 0%

Total Sugars 0g

Protein 0g

Not a significant source of saturated fat, *trans* fat, cholesterol, dietary fiber, added sugars, vitamin D, calcium, iron and potassium.

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: Carbonated Water, CarnoSyn® Beta-Alanine, Citric Acid, Natural and Artificial Flavor, Phosphoric Acid, Malic Acid, Caffeine, Potassium Sorbate and Potassium Benzoate (as Preservatives), Sucralose, Tartaric Acid, Acesulfame Potassium, TeaCrine® Theacrine.

DISTRIBUTED BY:

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MANUFACTURED IN THE USA

This product contains ingredients of international and domestic origin