

**MENTAL FOCUS[†] • ENERGY[†] • IMMUNE SUPPORT[†] • POWER[†]
STRENGTH[†] • CIRCULATION[†] • ENDURANCE[†] • HYDRATION[†]**

**BCAA'S • CREATINE • CITRULLINE • CARNOSYN[®] BETA-ALANINE
ARGININE • NATURAL CAFFEINE • B-VITAMINS • 72 ELECTROLYTES**

WHY WOULD YOU EAT CLEAN AND THEN TAKE DIRTY SUPPLEMENTS? **CLEAN UP YOUR WORKOUT!**

PRE-WORKOUT is the **all-in-one** workout supplement that's part of our **TMRFIT™ SERIES** of **clean** sports nutrition products. It contains **NO** artificial colors, flavors, or sweeteners and is non-GMO. It's been carefully formulated with the right potency of important nutrients to help prepare your mind and your muscles for intense training and performance.[†]

Suggested Use: Mix 1 level scoop with 8-10 ounces of water in a glass or shaker bottle and mix well. Drink 15-30 minutes before workout for best results. For higher intensity workouts, an additional serving may be taken. **CERTIFIED VEGAN.**

NOTICE: Consult a health care professional prior to use. Do not use if you are pregnant, nursing, sensitive to caffeine, under the age of 18, have any known or suspected medical conditions, and/or if you are taking any prescription or OTC medications. The caffeine content in this product is equivalent to about 3-4 oz of coffee. Too much caffeine may cause nervousness, irritability, sleeplessness, and, occasionally, rapid heartbeat. Begin use with 1 serving size or less and assess your tolerance. Once tolerance is assessed, take a maximum dose of 2 servings daily. To avoid sleeplessness, do not consume within 6 hours of bedtime. **KEEP OUT OF REACH OF CHILDREN.**



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† 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.



FEATURES:

**BCAA'S • CREATINE
CITRULLINE MALATE 2:1
CARNOSYN[®] BETA-ALANINE
ARGININE • NATURAL CAFFEINE
B-VITAMINS • 72 ELECTROLYTES**

BENEFITS:

**MENTAL FOCUS[†] • ENERGY[†]
POWER[†] • STRENGTH[†] • ENDURANCE[†]
CIRCULATION[†] • HYDRATION[†]
IMMUNE SUPPORT[†]**



40 SERVINGS!



**NEW!
IMPROVED FLAVOR!**

TMRFIT SERIES
CLEAN

PRE WORKOUT

**SUPERCHARGED WITH 72 ELECTROLYTES
NO ARTIFICIAL COLORS, FLAVORS, OR SWEETENERS**

CLEAN UP YOUR WORKOUT!



**RASPBERRY LEMONADE
FLAVOR**

NON-GMO **liquimins™**

**DIETARY SUPPLEMENT
NET WT 18.1 OZ (1.1 LB) 514g**

**CONTAINS
NATURAL CAFFEINE**

Supplement Facts

Serving Size 1 scoop (12.9 g)
Servings Per Container About 40

Amount Per Serving	1 Scoop		2 Scoops	
		%DV		%DV
Calories	25		45	
Total Carbohydrate	5g	29%*	11g	4%*
Sugars	4g		8g	
Vitamin C (as Ascorbic Acid)	50mg	83%	100mg	166%
Thiamin	0.23mg	15%	0.45mg	30%
Riboflavin	0.25mg	15%	0.5mg	30%
Niacin	5mg	25%	10mg	50%
Vitamin B6 (as Pyridoxine HCL)	5mg	250%	10mg	500%
Folic Acid	50mcg	13%	100mcg	25%
Vitamin B12 (as Methylcobalamin)	12mcg	200%	24mcg	400%
Pantothenic Acid (as D-Calcium Pantothenate)	2.5mg	25%	5mg	50%
Magnesium (from ITM)	15mg	4%	30mg	8%
Chloride (from Potassium Chloride, ITM)	45mg	2%	90mg	4%
Sodium (as Sodium Citrate)	10mg	<1%	20mg	1%
Potassium (from Potassium Chloride)	15mg	<1%	30mg	<1%

Power, Strength, & Endurance Blend 1651mg † 3301mg †
Creatine Monohydrate, CarnoSyn[®] Beta-Alanine, Creatine HCL, Chinese Ginseng, Rhodiola root powder, Eleuthero root powder, Quercetin Dihydrate powder, Alpha Lipoic Acid.

Nitric Oxide Boost/Circulation Blend 1250mg † 2500mg †
AAKG L-Arginine, L-Arginine, Beet Root powder, L-Citrulline DL-Malate 2:1.

BCAA 2:1:1 Blend 1000mg † 2000mg †
L-Leucine, L-Isoleucine, L-Valine.

Mental Focus/Energy Blend 641mg † 1282mg †
Guaraná, D-Ribose, Green Tea leaf, Choline Citrate, Ginkgo Biloba leaf powder.
(Net Caffeine = 75mg)

Ionic Trace Minerals (ITM) Electrolyte Blend 250mg † 500mg †
A complex of over 72 naturally occurring ionic trace minerals and electrolytes.

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

Other Ingredients: Certified organic cane sugar, xylitol, citric acid, natural flavors blend (lemon, raspberry, other natural flavors), guar gum, stevia leaf extract, malic acid, natural NON-GMO color (Exbarry[®]), silica, xanthan gum.

ALLERGEN INFO: contains no known allergens. **GLUTEN FREE.**
Natural Alternatives International (NAI) is the owner of patents as listed on www.carnosyn.com and registered trademark CarnoSyn[®].

