

ADVANCED FORMULA PER 20G SERVING

CAFFEINE	300 MG
BETA-ALANINE	3.2 G
CREATINE MONOHYDRATE	5 G
MICRONIZED L-CITRULLINE	6 G
CREATINE NITRATE NO3-T®	1.2 G



FOCUS & ENERGY*



STRENGTH TRAINING**



SPORTS PERFORMANCE*

OPTIMUM NUTRITION has been trusted to provide the highest quality in post-workout recovery, pre-workout energy, and on-the-go sports nutrition for over 30 years and in 90+ countries. After careful supplier selection, each ingredient is tested to assure exceptional purity, potency and composition. We hold ourselves to the highest production standards, all so you can unlock your body's full potential.

To find out more about the science and ingredients behind our products, visit OPTIMUMNUTRITION.COM.



GOLD STANDARD®

PRE

ADVANCED



AUTHENTIC OPTIMUM NUTRITION PRODUCT
OPTIMUMNUTRITION.COM/AUTHENTIC



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



NO3-T® is a registered trademark of ThermoLife International LLC, this mark covers the use of one or more patents listed as www.NO3-T.com/patents.

*When used consistently over time, in addition to regular resistance exercise

*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.

FOR INTENSE ENERGY, PUMPS & PERFORMANCE*

300MG
CAFFEINE FROM NATURAL SOURCES

6G
MICRONIZED L-CITRULLINE

3.2G
BETA-ALANINE

BERRY BLAST NATURALLY & ARTIFICIALLY FLAVORED

DIETARY SUPPLEMENT NET WT 14.1 OZ (400 G) 20 SERVINGS

Supplement Facts

Serving Size 20 g (About 1 Scoop)
Servings Per Container 20

	Amount per serving	% Daily Value
Calories	5	
Total Carbohydrate	1 g	< 1%*
Vitamin C (as ascorbic acid)	200 mg	222%
Vitamin D (as cholecalciferol)	10 mcg	50%
Calcium	30 mg	2%
Magnesium	100 mg	24%
Sodium	100 mg	4%
Micronized L-Citrulline	6 g	**
Creatine Monohydrate	5 g	**
CarnoSyn® Beta-alanine	3.2 g	**
Creatine Nitrate (NO3-T®)	1.2 g	**
Electrolyte Blend Sodium Citrate, Magnesium Oxide, Potassium Chloride	650 mg	**
Caffeine	300 mg	**

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

OTHER INGREDIENTS: Natural and Artificial Flavor, Malic Acid, Citric Acid, Caffeine (From Tea and/or Coffee Bean), Calcium Silicate, Silicon Dioxide, Sucralose, Blue 2, Red 40.



MANUFACTURED BY OPTIMUM NUTRITION, INC.

3500 Lacey Road, Suite 1200
Downers Grove, IL 60515
1 (800) 705-5226

CONTENTS SOLD BY WEIGHT NOT VOLUME.
SOME SETTLING WILL OCCUR.

DIRECTIONS: Mix 20 G (About 1 Scoop) in 6-8 FL OZ. of water and consume 15-30 minutes before working out.

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 USE IF YOU HAVE BLOOD PRESSURE, HEART OR VASCULAR CONDITIONS. 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. CONSUME AS PART OF A HEALTHY DIET AND EXERCISE PROGRAM, AND DRINK AT LEAST 1.00 FL OZ OF WATER PER DAY. EXERCISE MAY INCREASE YOUR NEED FOR FLUID INTAKE.



FPO UPC

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MANUFACTURED IN THE USA
THIS PRODUCT CONTAINS INGREDIENTS OF INTERNATIONAL AND DOMESTIC ORIGIN.

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