

**BACKED BY SCIENCE.  
PROVEN BY YOU.**



**NATURALLY  
SWEETENED &  
FLAVORED**



**CLINICALLY EFFECTIVE  
INGREDIENTS & DOSES**



**THIRD-PARTY  
LAB TESTED**

\*\*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.



L:PULSEBLUERASP6.OCN



Developed by Legion  
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legion®

# PULSE

## PRE-WORKOUT SUPPLEMENT

### BLUE RASPBERRY

NATURALLY SWEETENED & FLAVORED

- + **Increases energy & focus\*\***
- + **Enhances strength & endurance\*\***
- + **Reduces fatigue\*\***

20 SERVINGS | DIETARY SUPPLEMENT | NET WT 480 G / 16.9 OZ / 1.05 LBS

#### SUGGESTED USE:

First time using Pulse? Assess your individual tolerance by mixing 1 scoop with 10-12 ounces of water and consuming 15-30 minutes prior to exercise. If you experience any non-optimum effects, stop and consult your doctor. We recommend using 1 scoop 15-30 minutes prior to weight training or intense cardio, or 2 scoops (full clinical dosages) for intense weight training or cardio lasting longer than 45 minutes.

Notice to California consumers: ⚠️ WARNING: This product can expose you to chemicals including lead, which is known to the State of California to cause cancer or birth defects or other reproductive harm. For more information, visit [www.P65Warnings.ca.gov](http://www.P65Warnings.ca.gov).

Not intended for persons under the age of 18. Do not use if pregnant or nursing. Consult a health care professional prior to consumption if you have any pre-existing medical conditions or are taking any prescription medication. Improper use of this product will not improve results and is potentially hazardous to a person's health. Use only as directed. Contains 350mg of caffeine per serving and should not be used in combination with caffeine or stimulants from other sources. KEEP OUT OF REACH OF CHILDREN. DO NOT USE IF SAFETY SEAL IS DAMAGED OR MISSING. STORE IN A COOL, DRY PLACE.

## Supplement Facts

Serving Size: Approximately 2 Scoops (24 g)  
Servings Per Container: ~20

	Amount Per Serving	%DV*
Calories	5	
Total Carbohydrates	5 g	2%
Calcium (as Calcium Carbonate, Calcium Silicate and Naturally Occurring)	107 mg	8%
Sodium (as Sodium Citrate and Naturally Occurring)	110 mg	5%
Potassium (as Tripotassium Citrate and Naturally Occurring)	340 mg	7%
L-Citrulline DL-Malate 2:1	8 g	†
Beta-Alanine	3.6 g	†
Betaine Anhydrous	2.5 g	†
Caffeine Anhydrous	350 mg	†
L-Theanine	350 mg	†
Alpha-Glycerol Phosphoryl Choline (GPC) Powder 50%	300 mg	†

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

**Other Ingredients:** Natural Sweetener (Erythritol), Natural Flavors, Silica, Stevia Leaf Extract (Stevia Rebaudioside-A), Spirulina Extract.

**This product was produced in a facility that may also process ingredients containing milk, soy, wheat, egg, peanuts, tree nuts, sesame, fish, and crustacean shellfish.**