

EXTRA BOOST

300MG CAFFEINE†

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# Alani

## PRE-WORKOUT+

### BLUE SLUSH

FLAVORED WITH OTHER NATURAL FLAVORS



BETTER PUMP\*

ADDED HYDRATION\*

ADDED FOCUS\*

**Suggested Use:** Mix 1/2 scoop in 6-8 fl oz water 20-30 minutes before your workout. Once tolerance has been assessed, you may use one full serving (1 scoop) in 12-16 fl oz water. A slight tingling sensation is normal and is due to the beta-alanine. Be sure to stay hydrated and have a great workout!

**WARNING:** Product contains 300mg of caffeine per serving. Do not consume more than one serving over 3-4 hours. Do not exceed more than 400mg caffeine from all sources per day. Do not use if sensitive to caffeine. Limit the use of caffeine-containing medications, foods, or beverages while taking this product because too much caffeine may cause nervousness, irritability, sleeplessness, and occasionally, rapid heartbeat. Consult a physician before use if you are pregnant, lactating, have a medical condition (including but not limited to, hypertension or thyroid conditions), or taking any medication. Not recommended for use by children under 18 years of age. **KEEP OUT OF REACH OF CHILDREN. DO NOT USE IF SAFETY SEAL IS DAMAGED OR MISSING. STORE IN A COOL, DRY PLACE.**

\* 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.



30  
SERVINGS

ALANINU.COM



DIETARY SUPPLEMENT NET WT 13.7 OZ (390g)

## Supplement Facts

Serving Size: 1 Scoop (13g)

Servings Per Container: About 30

	Amount Per Serving	% Daily Value
Calories	40	
Total Carbohydrate	<1 g	<1%**
Choline (as Choline Bitartrate)	200 mg	36%
Calcium	40 mg	3%
Sodium	45 mg	2%
L-Citrulline Malate (2:1)	8 g	†
Beta-Alanine	2 g	†
Caffeine (from <i>Coffea arabica</i> [Bean] Extract and Dicafeine Malate)	300 mg	†
L-Theanine	200 mg	†
Theobromine	100 mg	†
Pink Himalayan Salt	100 mg	†
Huperzine-A (std. min. 1% from <i>Huperzia serrata</i> [Root] Extract)	100 mcg	†

\*\* Percent Daily Values are based on a 2,000 calorie diet

†Daily Value Not Established

Other Ingredients: Natural Flavors, Sucralose, Silica, Calcium Silicate, Acesulfame Potassium, Citric Acid, Spirulina Extract (for color).

DISTRIBUTED BY: **Alani** ALANI NUTRITION, LLC  
LOUISVILLE, KY 40223

TO REPORT ADVERSE EVENTS, PLEASE MAIL TO ALANI NUTRITION, LLC:  
7301 FEGBUSH LN STE 202 #4010, LOUISVILLE, KENTUCKY 40228.

†Per Serving