

## ABOUT INTAKE

INTAKE is a comprehensive pre-workout formulated to deliver endless energy, insane pumps, laser focus, and maximum performance! Intake features 8 grams of L-citrulline, 3.2 grams of beta-alanine, 2.5 grams of betaine, and 300 milligrams of caffeine along with several trademarked ingredients, such as ElevATP<sup>®</sup>, ZümXR<sup>®</sup>, and Senactiv<sup>®</sup>. Whether you're a bodybuilder, powerlifter, strongman, or just a hard-working M'fer, Intake is ready to fine tune your engine!

**WARNING:** THIS PRODUCT IS ONLY INTENDED FOR HEALTHY ADULTS, 18 YEARS OF AGE OR OLDER. CONSULT A LICENSED, QUALIFIED, HEALTH CARE PROFESSIONAL IF YOU ARE TAKING ANY OTHER DIETARY SUPPLEMENT, PRESCRIPTION DRUG, OR OVER-THE-COUNTER MEDICATIONS. DO NOT USE IF NURSING, PREGNANT OR TRYING TO BECOME PREGNANT, OR IF YOU ARE OR HAVE BEEN TREATED FOR, DIAGNOSED WITH OR HAVE FAMILY HISTORY OF ANY MEDICAL CONDITION. DISCONTINUE USE TWO WEEKS PRIOR TO SURGERY. IMMEDIATELY DISCONTINUE USE AND CONTACT A MEDICAL DOCTOR IF YOU HAVE EXPERIENCE ANY ADVERSE REACTION TO THIS PRODUCT. DO NOT EXCEED RECOMMENDATIONS FOR SUGGESTED USE.

California Prop 65 Warning: Consuming this product can expose you to chemicals including lead and mercury which are known in the state of California to cause cancer and birth defects, or other reproductive harm. For more information, go to [www.P65Warnings.ca.gov/food](http://www.P65Warnings.ca.gov/food)

STORE IN A COOL, DRY PLACE, KEEP OUT OF REACH OF CHILDREN.  
DO NOT USE IF SAFETY SEAL IS BROKEN OR MISSING. SOLD BY WEIGHT NOT VOLUME.

†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.

Manufactured specifically for Axe & Sledge Supplements  
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MANUFACTURED IN THE U.S.A  
IN A GMP COMPLIANT FACILITY  
CONTAINS INGREDIENTS OF INTERNATIONAL  
AND DOMESTIC ORIGIN



FOR MORE INFORMATION VISIT  
[AXEANDSLEDGE.COM](http://AXEANDSLEDGE.COM)

zümXR

SENACTIV

elevATP  
STRENGTH. POWER. PERFORMANCE.

# INTAKE

ALL IN ONE PRE-WORKOUT

20 / 40 SERVINGS  
Net Weight 402g (14.18 oz) | Dietary Supplement

**AXE & SLEDGE**  
SUPPLEMENTS

**SUSTAINED ENERGY**

**JUICY PUMPS**

**LASER FOCUS**

**MAXIMUM PERFORMANCE**

**SUGGESTED USE** As a dietary supplement, mix 2 scoops with 10-12 ounces of cold water. Consume 20-30 minutes prior to training. New users should start with 1 scoop to assess tolerance.

## SUPPLEMENT FACTS

Serving Size: 1 Scoop (10.05g) / 2 Scoops (20.10g)  
Servings Per Container: 40 / 20

	1 scoop	%DV*	2 scoops	%DV*
Chloride (as pink himalayan salt)	149mg	7%	297mg	13%
Sodium (as pink himalayan salt)	100mg	4%	200mg	9%
Potassium (as potassium citrate)	50mg	1%	100mg	2%
<b>MAXIMUM PERFORMANCE MATRIX<sup>1</sup></b>				
L-Citrulline	4,000mg	**	8,000mg	**
Beta Alanine	1,600mg	**	3,200mg	**
Betaine Anhydrous	1,250mg	**	2,500mg	**
ElevATP <sup>®</sup> (Ancient Peat Extract, Apple Extract)	75mg	**	150mg	**
Senactiv <sup>®</sup> (Panax notoginseng (root) and Rosa roxburghii (fruit))	25mg	**	50mg	**
<b>SUSTAINED ENERGY MATRIX<sup>1</sup></b>				
Caffeine Anhydrous	125mg	**	250mg	**
Theobromine	50mg	**	100mg	**
ZümXR <sup>®</sup> Extended Release Caffeine Microspheres (Caffeine sourced from green coffee beans)	25mg	**	50mg	**
<b>LASER FOCUS MATRIX<sup>1</sup></b>				
L-Tyrosine	1,000mg	**	2,000mg	**
Citicoline Sodium (CDP Choline)	125mg	**	250mg	**

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

Other Ingredients: Citric Acid, Silicon Dioxide, Natural Flavors, Sucralose

**Allergen Warning:** Manufactured in a facility which processes Milk, Eggs, Fish, Shellfish, Tree Nuts, Peanuts, Wheat, Soybeans, and Sesame

Senactiv<sup>®</sup> is a registered trademark of NuLiv Science USA, Inc.  
ElevATP<sup>®</sup> is a registered trademark of VDF FutureCeuticals, Inc. Pat Inpatent.com.  
ZümXR<sup>®</sup> is a registered trademark of Nano Pharmaceuticals Laboratories, LLC. Patents and Patents Pending

*Island Breeze*  
Natural Flavors