

**PODIUM FUSE HELPS YOU ACHIEVE PEAK PERFORMANCE ANYTIME YOU'RE ON THE CLOCK.**

**SUGGESTED USE:** Mix one (1) rounded scoop with 6-8 ounces of water 20-30 minutes before training. **Shake well and enjoy!**



**WEIGHTLIFTING**



**EMOM**



**AMRAP**

**WARNING:** This product is intended for use by only healthy adults ages 18 or older. Pregnant or nursing women, individuals with known or suspected medical conditions, and those taking medications should not use this product. Consult a health care provider prior to using this or any dietary supplement. Discontinue use and seek immediate medical attention if you experience any adverse reaction to taking this product. This product contains caffeine and should not be used in combination with caffeine or stimulants from other sources. Too much caffeine may cause nervousness, irritability, sleeplessness, and sometimes rapid heartbeat. **DO NOT EXCEED 2 SCOOPS PER DAY.** Discontinue use two (2) weeks prior to surgery. Do not use if safety seal is damaged or missing. Store in a cool, dry place. **USE ONLY AS DIRECTED.**

Not for use by infants or children. Discontinue use and seek immediate medical attention if you experience any adverse reaction to taking this product. Keep out of reach of children.

**CA PROP 65 WARNING:** This product may expose you to chemicals including lead known to the state of California to cause cancer, birth defects, or other reproductive harm. Visit [www.p65warnings.ca.gov](http://www.p65warnings.ca.gov) for more information.

Beta-Alanine may cause a harmless tingling sensation in some individuals.



Proudly manufactured in the United States in a GMP compliant facility with ingredients of domestic and international origin.

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**321PODIUM.COM**

**25**  
SERVINGS

**FUSE**<sup>20</sup>/<sub>25</sub>  
**PRE WORKOUT**

SOUR WATERMELON  
DIETARY SUPPLEMENT

NATURALLY & ARTIFICIALLY FLAVORED  
NET WT. 15.26 OZ (432.5 G)



**CERTIFIED  
SPORT**

# PODIUM<sup>®</sup>

**HIGH FOCUS PRE WORKOUT**  
NO ARTIFICIAL COLORS  
NO SUGAR ADDED

## SUPPLEMENT FACTS

Serving Size: 1 Scoop (17.3g)  
Servings Per Container: 25

	Amount Per Serving	%DV*
Calories	5	
Total Carbohydrates	1g	<1%*
Total Sugars	0g	†
Vitamin C (Ascorbic Acid)	90 mg	100%
Vitamin B6 (as Pyridoxine HCl)	0.4 mg	25%
Folic Acid	385 mcg DFE	100%
Vitamin B12	35 mcg	1460%

### Podium Performance

L-Citrulline	4,000 mg	†
Beta Alanine	3,200 mg	†
Betaine Anhydrous	2,500 mg	†
Taurine	1,000 mg	†

### Podium Focused Energy

L-Tyrosine	2,000 mg	†
COGNIZIN <sup>®</sup> (Citicoline)	250 mg	†
Caffeine Anhydrous	200 mg	†
KSM-66 <sup>®</sup> Ashwagandha Extract ( <i>Withania somnifera</i> ) (root) (min. 5% total withanolides)	200 mg	†
Theobromine	100 mg	†

\*Percent Daily Values are based on a 2000 calorie diet.  
† Daily Value not established.

**OTHER INGREDIENTS:** Malic Acid, Citric Acid, Natural and Artificial Flavors, Calcium Silicate, Silicon Dioxide, Sucralose, Acesulfame Potassium, Vegetable Juice Powder (beet color).

**ALLERGEN WARNING:** Processed in a facility and/or manufacturing line that also processes products containing milk, eggs, soybeans, wheat, shellfish, fish oil, tree nuts, and peanuts.

\*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.

**GLUTEN FREE SOY FREE DAIRY FREE**

KSM-66<sup>®</sup> is a registered trademark of Koreal Biomed.

 **KSM-66**

is a registered trademark of Kyowa Hakko Bio Co. Ltd.

**Cognizin**