

# BOLT

**BOLT** is ideal for those who require more Focus and Energy for their training. BOLT contains an electrolyte blend for Hydration, Beta-Alanine for Endurance, and 5000mg of Citrulline Malate to give that muscular "pump" when training. This formula has everything you need for more intense workouts that will get you the results you want.

**DIRECTIONS:** Mix 12.5g (1 scoop) in 8 ounces of water and drink slowly 20-30 minutes before training. To assess tolerance individuals may start with 1/2 serving. Some individuals may experience a harmless tingling sensation, which is attributed to beta alanine. USE ONLY AS DIRECTED.

Warning: THIS PRODUCT IS ONLY INTENDED FOR HEALTHY ADULTS, 18 YEARS OF AGE OR OLDER. KEEP OUT OF REACH OF CHILDREN. This product contains 250mg of CAFFEINE per serving (equivalent to 2 1/2 cups of coffee) and should not be used in combination with any other stimulants, including caffeine from other sources. Do not exceed 1 serving every 24 hours. Consult your physician before using this product if you are taking any prescription or over-the-counter medications or supplements. Do not use this product if you are pregnant or nursing. Do not use this product if you are at risk of, or being treated for any medical condition(s). Discontinue use and consult your healthcare professional if you experience any adverse reaction to this product.

\* 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.

DO NOT USE IF SAFETY SEAL IS DAMAGED OR MISSING. STORE IN A COOL, DRY PLACE.

GAMRUN



**EXTREME ENERGY**  
ENDURANCE + HYDRATION + FOCUS  
**BOLT**  
**ETX** EXTREME TRAINING FORMULA

**CITRUS BLAST**

NET WT. 312.5 G (11.02 OZ) | DIETARY SUPPLEMENT

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## Supplement Facts

Serving Size: One Scoop (12.5 g)

Servings Per Container: 25

	Amount Per Serving	% DV**
Calories	5	
Dietary Fiber	2 g	7%
Chloride	50 mg	2%
Sodium	35 mg	2%
Citrulline Malate	5000 mg	†
Beta Alanine	2000 mg	†
Electrolyte Blend	250 mg	†
Sodium Chloride, Potassium Citrate, Magnesium Citrate, Calcium Carbonate.		
Taurine	250 mg	†
Betaine Anhydrous	250 mg	†
Caffeine	250 mg	†
Alpha GPC 50%	100 mg	†

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

Other Ingredients: Inulin (Chicory Root), Natural Flavors, Calcium Silicate, Citric Acid, Sucralose, Malic Acid.



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