

Focus Energy Power Endurance

Forget what you know about PreWorkout... Gym Molly IS PreWorkout! Unlike typical PreWorkouts, Gym Molly only uses premium, patented, and proven ingredients that are safe. For example, Gym Molly uses patented BCAAs, Vegan Instaminos®, that are naturally made from Sunflowers. The leading brands use zero.

Amino Acids are the building blocks of life and they're exactly what you need when you want to prevent muscle fatigue! There are nine essential Amino Acids in total, but the most powerful Amino Acids are Branched Chain Amino Acids (BCAA's).

Vegan Instaminos® are a customized blend of three essential Amino acids (Leucine, Isoleucine, and Valine) that have been proven to improve exercise performance by reducing the body's susceptibility to fatigue, muscle damage, and loss of energy.

Directions For Gym Molly: Mix 1 scoop of Gym Molly with 12 - 20oz. of water and drink 15 - 30 minutes before training. When first using Gym Molly begin with 1/2 scoop or less to assess your tolerance.

NOTE: This product contains premium Beta-Alanine, a highly beneficial and natural Amino Acid, that significantly improves athletic performance. Some people may experience a harmless temporary tingling sensation when taking Beta Alanine. Gym Molly® only uses premium patented CarnoSyn® Beta-Alanine.

Warning: THIS PRODUCT IS ONLY INTENDED FOR USE BY HEALTHY INDIVIDUALS, 18 YEARS OF AGE OR OLDER. Consult your physician prior to using this product if you are pregnant, nursing, taking medication, under 18 years of age or have a medical condition. Do not exceed recommended serving size or suggested use.

GYMMOLLY.COM

[Instagram](https://www.instagram.com/gymolly) [Facebook](https://www.facebook.com/gymolly) [YouTube](https://www.youtube.com/gymolly) [TikTok](https://www.tiktok.com/gymolly) @gymolly #gymolly

Keep out of the reach of children.
Store at room temperature, tightly closed.
Avoid excessive heat.
Some product clumping may occur.

Manufactured by:
Just No Competition, LLC
1600 Vine Street, Los Angeles,
CA 90028 1 (323) 538 - 2195

* 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.



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Blue Raspberry Lemonade

30 Servings **PRE-WORKOUT**

Dietary Supplement - NET WT 11.4oz (322g) - Caffeine Free

Supplement Facts

Serving Size: 1 Scoop, Approximately (11g/0.38oz)
Servings Per Container 30

	Amount Per Serving	%DV*
Calories	20	
Pure Energy Complex:		
Vitamin B3 (Niacin from Niacinamide)	30 mg NE	188%
Vitamin B6 (from Pyridoxal 5-Phosphate)	0.5 mg	29%
Vitamin B9 (Folic Acid) - 425 mcg DFE	250 mcg	106%
Vitamin B12 (from Methylcobalamin)	35 mcg	1,458%
High Performance Blend:		
Creatine Monohydrate	1250 mg	**
Creatine Hydrochloride	750 mg	**
BCAA Ultra Endurance with InstaAminos™:		
Leucine	1,000 mg	**
Isoleucine	500 mg	**
Valine	500 mg	**
The GYM MOLLY® Matrix:	4,925 mg	**
Citrulline malate 2:1, Beta-Alanine (as CarnoSyn®), Betaine Anhydrous, Acetyl-L- Carnitine HCl, N-Acetyl L-Tyrosine		

*Percent Daily Value based on a 2,000 calorie diet.
**% Daily Value (DV) not established

Other Ingredients: Natural & Artificial Flavors, Citric Acid, Calcium Silicate, Silica, Sucralose, Malic Acid, Sodium Citrate, FD&C Red Lake #40



Natural Alternatives International (NAI) is the owner of patents as listed on www.carnosyn.com and registered trademark CarnoSyn®

InstAminos® is a registered trademark of Compound Solutions, Inc.

Gym Molly BCAAs are 100% Vegan and are naturally made from Sunflowers.