

## Focus Energy Power Endurance

Gym Molly Pro is the next evolution in Pre-workout and our new formula will give you more Focus, Energy, Power and Endurance, than ever before!

**6000MG of Citrulline Malate 2:1** (4000MG of L-Citrulline bonded with 2000 MG of Malic Acid) Citrulline Malate has all of the benefits of L-Citrulline (increased NO Production, Pumps, Blood Flow, Vascularity) plus the dramatic energy producing abilities of Malic acid.

**4000MG of CarnoSyn®** (The Scientifically Proven, Globally Patented Beta-Alanine) (This patented Amino Acid has been proven to significantly increase exercise performance, build muscle faster, extend endurance, reduce fatigue and accelerate recovery time.

**2000MG of BCAA InstAminos®** (Leucine, Isoleucine, and Valine) InstAminos® have been proven to improve exercise performance by reducing the body's susceptibility to fatigue, muscle damage, and loss of energy.

**1500MG of Creatine Hydrochloride** (Creatine HCL) Creatine Hydrochloride is more advanced than creatine monohydrate and has none of its side effects. Creatine HCL provides 60% better absorption and more significant gains in muscle mass and strength.

**Directions For Gym Molly:** Mix 1 scoop of Gym Molly with 12 - 20 oz. 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. Do not exceed 2 Scoops within any 24 hour period.

**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. To avoid sleeplessness, do not consume within 4 hours of bedtime.

**GYMMOLLY.COM**

**@gymmolly #gymmolly**

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

Manufactured by:  
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\* 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.



# GYM MOLLY PRO

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Strawberry Kiwi

30 Servings PRE-WORKOUT

Dietary Supplement - NET WT 18.3oz (520g)



## Supplement Facts

Serving Size: 1 Scoop, Approximately (18g/0.64oz)

Servings Per Container 30

	Amount Per Serving	%DV*
Calories	10	
Total Carbohydrate	0	0%
Sugars	0	
Calcium (from Calcium Silicate)	20	2%
<b>The Mega GYM MOLLY Matrix</b>		
Citrulline L- Malate 2:1	6,000mg	**
Beta-Alanine (as CarnoSyn®)	4,000mg	**
Creatine Hydrochloride	1,500mg	**
Betaine Base (Trimethylglycine)	750mg	**
N-Acetyl L-Carnitine	375mg	**
Caffeine	300mg	**
N-Acetyl L-Tyrosine	200mg	**
BioPerine® (Black Pepper Fruit Extract)	5mg	**
<b>BCAA Ultra Endurance with InstAminos®</b>		
Leucine	1,000 mg	**
Isoleucine	500 mg	**
Valine	500 mg	**
<b>Pure Energy B Complex</b>		
Vitamin B3 (Niacin from Niacinamide)	30mg NE	188%
Vitamin B6 (from Pyridoxal 5-Phosphate)	0.5mg	29%
Vitamin B9 (Folic Acid) -41 mcg DFE	250mcg	104%
Vitamin B12 (from Methylcobalamin)	35mcg	1,428%

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

Other Ingredients: Natural & Artificial Flavors, Citric Acid, Silica, Sucralose, Sodium Citrate, Black Pepper (Piperigrum),



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.