

# YOU VS. YESTERDAY

ONE OF ONE Sport Pre-Workout is your source for fast-acting energy with a custom blend of performance-driven ingredients—including NeuroRush™ and electrolytes—to power up your stamina, focus, and results.† It's built to fuel your grind, giving you the edge to go harder, longer.†

CLEAN, SUSTAINED ENERGY† • ENHANCES PERFORMANCE†  
BOOSTS ENDURANCE† • IMPROVES HYDRATION†



GLUTEN  
FREE



SUGAR  
FREE

# ONE OF ONE

*Sport Pre-Workout*

You. You're squaring off with yesterday's version of yourself, laying it all on the line. They'll call it luck or say it was bound to happen. But you know the truth. That unbreakable commitment that brought you here. Every early morning alarm. Every choice you made when others would've folded. Every ounce of grit—it's all stacking up. No shortcuts. No excuses. While they cling to comfort, you chase the burn. And when they try to explain away your success, they'll never mention the grind. There's never been room for negotiation. No option to quit. That's what sets you apart. And deep down, you know how this ends. You weren't built to be one of many. Just one of one.



@YOUARE\_10F1



YOUARE101.COM



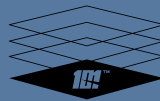
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DIETARY SUPPLEMENT

## PINEAPPLE PUNCH

NATURAL & ARTIFICIAL FLAVORS

30 SERVINGS  
NET WT. 17.77OZ (503G)



YOU VS. YESTERDAY

3G L-CITRULLINE  
3.2G BETA ALANINE  
2G BETAINE  
400MG CHOLINE  
152MG CAFFEINE  
540MG ELECTROLYTES

## Supplement Facts

Serving Size: 1 Scoop (16.8 g)  
Servings Per Container: 30

	Amount Per Serving	%DV*
Choline (from Choline Bitartrate)	400 mg	75%
Magnesium (as Magnesium Bisglycinate Chelate) (Albion™)	70 mg	15%
Sodium (from Pink Himalayan Sea Salt)	250 mg	10%
Potassium (as Potassium Citrate)	220 mg	4%
Beta Alanine	3.2 g	**
L-Citrulline	3 g	**
Betaine Anhydrous	2 g	**
L-Tyrosine	1.5 g	**
Caffeine Anhydrous	150 mg	**
NeuroRush™ (Coffee [Coffea arabica] Fruit Extract)	100 mg	**
Huperzia Serrata Extract (1% Huperzine-A) (Aerial Parts)	1 mg	**

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

Other Ingredients: Citric Acid, Natural and Artificial Flavors, Silicon Dioxide, Sucralose, Acesulfame Potassium, FD&C Yellow #5.

**DIRECTIONS:**  
MIX ONE (1) SCOOP (16.8 G) IN 8.5 OZ (250 ML) OF WATER, 30 - 60 MINUTES BEFORE TRAINING OR PHYSICAL ACTIVITY.

**ALLERGEN WARNING:**  
THIS PRODUCT IS MANUFACTURED IN A FACILITY THAT ALSO PROCESSES OTHER PRODUCTS WHICH MAY CONTAIN MILK, EGGS, FISH, SHELLFISH, TREE NUTS, PEANUTS, SOY, WHEAT, AND SESAME.

**CAUTIONS:**  
FOR USE AS A DIETARY SUPPLEMENT ONLY BY HEALTHY ADULTS OVER THE AGE OF 18. PLEASE CONSULT A PHYSICIAN BEFORE USE IF YOU ARE PREGNANT, NURSING, HAVE A PRE-EXISTING MEDICAL CONDITION OR TAKING ANY MEDICATION.

†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.

Store in a cool, dry place.  
Keep out of reach of children.  
Do not use if the security seal is broken.

Manufactured in the USA

Albion  
Minerals

NEURORUSH™

Albion™ is a trademark of Balchem Corporation or its subsidiaries.  
NeuroRush™ is a registered trademark of Aura Scientific used under license.

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MANUFACTURED IN A GMP  
COMPLIANT FACILITY  
Contains ingredients of international  
and domestic origin.