

**SUGGESTED USE:**

Take one serving (1 level scoop) of C4 Ultimate® Shred, mixed with 10-12 fl. oz. of water 20-30 minutes before training. **Some individuals may experience a harmless tingling sensation, which is attributable to Beta-Alanine. USE ONLY AS DIRECTED.**

**WARNING:**

THIS PRODUCT IS ONLY INTENDED TO BE CONSUMED BY HEALTHY ADULTS, 18 YEARS OF AGE OR OLDER. Do not use this product if you are pregnant or nursing. Before taking this product, consult a licensed, qualified, health care professional, especially if you are taking any other dietary supplement, prescription drug or over-the-counter medication, or if, you suspect you have or have been treated for, diagnosed with or have a family history of, any medical condition, including but not limited to: high or low blood pressure, diabetes, anxiety, cardiovascular, psychiatric or seizure disorders, cardiac arrhythmia, stroke, heart, liver, kidney, or thyroid disease, or difficulty urinating due to prostate enlargement. This product contains caffeine and *Sceletium tortuosum* (Zembrin®) and should not be used in combination with other products containing caffeine or *Sceletium tortuosum* (Zembrin®) or stimulants from other sources, including but not limited to, coffee, tea, soda, or other dietary supplements and medications. Do not use this product continuously for more than 6 weeks. Discontinue use 2 weeks prior to surgery. Immediately discontinue use and contact a medical doctor if you experience any adverse reaction to this product. Do not use if safety seal is broken or missing. Store in a cool, dry place. **KEEP OUT OF REACH OF CHILDREN.** This product is sold by weight, not volume. Some settling of powder may occur during shipping and handling, which may affect density of powder. This product contains the servings indicated when measured exactly by weight.

Made in the U.S.A using strategically sourced domestic and imported ingredients and components.

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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.

**FORMULATED TO SHRED\***

**In Every Serving**

**ENERGY\***  
Caffeine  
TeaCrine®  
Rauwolfia Extract

**PUMPS\***  
Citrulline Malate  
Nitrosigine®

**ENDURANCE\***  
CarnoSyn®  
Beta-Alanine

**FOCUS\***  
Huperzine-A  
Zembrin®  
Caffeine

**FAT BURNING\***

Every serving of **C4 ULTIMATE® SHRED** contains the **ULTIMATE** cutting formula and **SHRED** matrix. This blend is powered by clinically-studied ingredients which have been specifically selected for their ability to support fat burning and metabolism - enhancing the results of your fat-shredding workouts.\*

In addition to the thermogenic properties of **Capsimax®** Cayenne, **Oligonol®** Lychee Fruit and Green Tea Extracts - every serving of **C4 ULTIMATE® SHRED** supports the mobilization of fats for energy production. Combining these ingredients with clinically studied **DyglyoFit®**, and the nutrient enhancer **Bioperine®** Black Pepper Extract, **C4 ULTIMATE® SHRED** provides the formula that you need to **SHRED** fat and reveal your **ULTIMATE** physique.\*



# C4

## ULTIMATE®

### SHRED

THE MOST EXPLOSIVE  
**PRE-WORKOUT**  
AND CUTTING FORMULA\*

**STRAWBERRY WATERMELON**  
NATURALLY & ARTIFICIALLY FLAVORED

**20**  
**SERVINGS**  
DIETARY SUPPLEMENT  
NET WT 340 g (12 oz)

**SUPPLEMENT FACTS**

Serving Size: 1 Level Scoop (17g)  
Servings Per Container: 20

	Amount Per Serving	% DV
Calories	5	
Total Carbohydrate	<1g	<1%**
Sugars	0g	†
Vitamin C (as Ascorbic Acid)	250mg	417%
Niacin (as Niacinamide)	60mg	300%
Vitamin B6 (as Pyridoxal-5-Phosphate)	1mg	50%
Folic Acid	500mcg	125%
Vitamin B12 (as Methylcobalamin)	70mcg	1167%
Calcium (as Calcium Silicate)	48mg	5%
Citrulline Malate	6g	†
CarnoSyn® Beta-Alanine	3.2g	†
Betaine Anhydrous	1.5g	†
Nitrosigine® Inositol-Stabilized Arginine Silicate	1.5g	†
C4® Ultimate Shred & Thermogenic Matrix	1.334g	†
N-Acetyl-L-Tyrosine, Caffeine Anhydrous (300mg), DyglyoFit® ( <i>Dichrostachys glomerata</i> ) fruit extract, Velvet Bean ( <i>Mucuna pruriens</i> ) seed extract, Capsimax® Cayenne ( <i>Capsicum annuum</i> ) fruit extract, Oligonol® Lychee fruit and Green Tea extracts, Theacrine (as TeaCrine®), Gingerol® Ginger ( <i>Zingiber officinale</i> ) root extract, AlphaSize® A-GPC (Alpha-Glyceryl Phosphoryl Choline), Zembrin® ( <i>Sceletium tortuosum</i> ) aerial parts extract, Rauwolfia vomitoria root bark extract, Huperzine A [from Toothed Clubmoss ( <i>Huperzia serrata</i> ) aerial parts extract]		
Taurine	1g	†
Bioperine® Black Pepper ( <i>Piper nigrum</i> ) fruit extract	5mg	†

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

Other Ingredients: Silicon Dioxide, Calcium Silicate, Polydextrose, Natural & Artificial Flavors, Acesulfame Potassium, Sucralose, FD&C Red #40.  
**CONTAINS: Tree Nuts (Lychee Nut)**

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For complete patent and trademark information, visit cellucor.com/C4UltimateShred

TEACRINE CarnoSyn Zembrin Bioperine  
 Capsimax Nitrosigine AlphaSize Gingerol