## SUGGESTED USE:

Take one serving (1 scoop) of C4® Original, mixed with 6 fl. oz. of water 20-30 minutes before training. During your workout, it is recommended that you drink plenty of water or performance beverage such as Celluor Alpha Amino® to stay hydrated. Some individuals may experience a harmless fingling sensation, which is attributed to beta alanine. US GNUY AS DIRECTED.

## WARNING:

This PADDON's SOUTH in temptor from health THADOL'S of PERNO A THE OR OLDER Do not use if pregnant, musting, currently bating PDS inhibitors or nitrates for chest pain. Do not take this product before consulting a licensed, qualified, health care professional for our at taking any other dietary supplement, prescription drug or over-the-counter medication, or if, you suspect you have have been treated for, diagnosed with or have a family history of, any medical condition. This product contains caffeine and should not be used in combination with caffeine or stimulants from other sources. Discontine 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 this product continuously for more than 8 weeks. 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.





EXTREME



DIETARY SUPPLEMENT NET WT 180 g (6.3 oz)

## SUPPLEMENT FACTS

Serving Size: 1 scoop (6g)

| l | Amount                                | Per Serving | % D |
|---|---------------------------------------|-------------|-----|
| l | Vitamin C (as Ascorbic Acid)          | 250mg       | 417 |
|   | Niacin (as Niacinamide)               | 30mg        | 150 |
|   | Vitamin B6 (as Pyridoxal-5-Phosphate) | 500mcg      | 25  |
|   | Folic Acid                            | 250mcg      | 62  |
|   | Vitamin B12 (as Methylcobalamin)      | 35mcg       | 583 |
|   | CarnoSyn® Beta-Alanine                | 1.6g        |     |
|   | Creatine Nitrate (NO3-T®)             | 1g          |     |
|   | Arginine Alpha Ketoglutarate          | 1g          |     |
| L | Contactor Conservictional             | 40Ema       |     |

I-Acetyl-L-Tyrosine, Caffeine Anhydrous (150mg), Velvet Bean

Dioxide, Sucralose, Acesulfame Potassium, FD&C Blue #1.