

SUGGESTED USE: Mix 1 scoop with 10 - 12 oz of cold water (adjust water for taste preference) and shake well. Consume 20-30 minutes before your workout. For extreme pre-workout energy mix 2 scoops with 20 - 24 oz of cold water. Start with ≤ 1 scoop (≤100 mg caffeine) to assess tolerance and then gradually increase serving size. **DO NOT EXCEED 2 SCOOPS PER DAY.**



| | 1 scoop | 2 scoops |
|------------------|------------|------------|
| Amount of scoops | 1 scoop | 2 scoops |
| Amount of water | 10 - 12 oz | 20 - 24 oz |
| Energy Level | Intense | Extreme |
| Caffeine | 100 mg | 200 mg |

WARNING: THIS PRODUCT IS ONLY INTENDED FOR HEALTHY ADULTS, 18 YEARS OF AGE OR OLDER. DO NOT EXCEED 2 SCOOPS PER DAY. Product contains 100mg of caffeine per serving. Do not use if sensitive to caffeine or beta-alanine. Limit the use of caffeine-containing medications, foods, or beverages while taking this product because too much caffeine may cause nervousness, irritability, sleeplessness, and occasionally, rapid heartbeat. Consult a physician before use if you are pregnant, lactating, have medical condition (including but not limited to, hypertension or thyroid conditions), or taking any medication. Discontinue 2 weeks prior to surgery. Beta Alanine may cause a harmless, temporary tingling sensation. Do not use if safety seal is broken or missing. Store in cool (<25°C / <77°F), 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.

NOTICE: Consume as part of a healthy diet and exercise program, and drink plenty of water and/or performance beverage such as Women's Best BCAA Amino to stay hydrated.



PATENTED CREATINE FORMULA
Creapure® is a registered trademark of AlzChem Group AG



V01.FDA.VJ.
0119.03

- ✓ VEGAN
- ✓ GLUTEN-FREE
- ✓ LACTOSE-FREE



PRE-WORKOUT

PERFORMANCE PRE-WORKOUT BOOSTER



30 SERVINGS

EXOTIC FRUITS
Naturally & artificially flavored

DIETARY SUPPLEMENT

NET WT 10.6 OZ (300g)

Supplement Facts

Serving Size 1 scoop (10g)
Servings Per Container 30

Amount Per Serving %DV

Calories 25

Total Carbohydrate 2 g <1%*

Vitamin A (as beta carotene) 63 mcg 7%

Performance Blend 7.2 g

L-arginine alpha-ketoglutarate †

Creatine monohydrate (Creapure®) †

L-citrulline-DL-malate †

Beta alanine †

L-tyrosine †

Caffeine 100 mg †

*Percent Daily Values (DV) are based on a 2,000 calorie diet.

† Daily Value (DV) not established.

OTHER INGREDIENTS: MALTODEXT-RIN, CITRIC ACID, TARTARIC ACID, MAL-IC ACID, NATURAL AND ARTIFICIAL FLAVORS, SUCRALOSE, ACESULFAME K, SILICON DIOXIDE, NATURAL ORAN-GE FLAVOR, BEET POWDER (COLOR).

ALLERGEN INFORMATION: PRO-CESSSED IN A FACILITY THAT ALSO PROCESSES PRODUCTS CONTAINING EGGS, WHEAT AND SOY.

DISTRIBUTOR: WOMEN'S BEST USA LLC, 215 S. MONROE STREET, SUITE 200, TALLAHASSEE, FL 32301, USA
1 (863) 434-7915

WWW.WOMENSBEST.COM

MADE IN GERMANY