



P L A T I N U M

PRE-**PRE-WORKOUT
ENERGY & FOCUS*****14**

SERVINGS

DIETARY
SUPPLEMENT
NET WT. 3.94 OZ
(112 G)**FRUIT PUNCH**

Naturally & Artificially Flavored

PER SCOOP

2G
L-CITRULLINE**1.6G**
BETA-ALANINE**200MG**
CAFFEINE**Supplement Facts**

	1 Scoop (8 g)	2 Scoops (16 g)
Serving Size	1 Scoop (8 g)	2 Scoops (16 g)
Servings Per Container	14	7
Amount Per Serving	% Daily Value	% Daily Value
Calories	5	10
Total Carbohydrate	1 g <1%*	2 g 1%*
Protein	<1 g 1%*	1 g 2%*
Vitamin C (as ascorbic acid, acerola extract)	100 mg 167%	200 mg 333%
Sodium (as sodium chloride)	60 mg 3%	120 mg 5%
Potassium (as potassium chloride)	70 mg 2%	140 mg 4%
L-Citrulline (as Micronized L-Citrulline, Citrulline Peptides [L-Citrulline, Hydrolyzed Whey Protein Isolate] (PepForm™))	2 g †	4 g †
Beta-Alanine (as CarnoSyn™)	1.6 g †	3.2 g †
DMAE Bitartrate	250 mg †	500 mg †
PhytoBlend	250 mg †	500 mg †
Beet Juice Powder, Grape Seed Extract (<i>Vitis vinifera</i>)(seeds), Wine Grape Extract (<i>Vitis vinifera</i>)(fruit) (MegaNatural™), Citrus Bioflavonoids		
Caffeine	200 mg †	400 mg †
Red Pepper Extract (<i>Capsicum annuum</i>)(fruit)(standardized for capsaicinoids) (Capsimax™)	125 mg †	250 mg †

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

† Daily Value not established.

OTHER INGREDIENTS: Citric Acid, Natural and Artificial Flavors, Malic Acid, Tartaric Acid, Silicon Dioxide, Calcium Silicate, Lecithin, Sucralose, Acesulfame Potassium.**ALLERGEN INFORMATION:** CONTAINS MILK AND SOY (LECITHIN) INGREDIENTS.MANUFACTURED BY **ON**
OPTIMUM NUTRITION975 Meridian Lake Dr., Aurora, IL 60504
1 (800) 705-5226 **TRUESTRENGTH.COM**

P L A T I N U M

PRE-**2 SCOOPS PROVIDE:**

- 4 Grams of L-Citrulline: an Amino Acid Precursor to N.O.▲
- 3.2 Grams of Beta-Alanine to Support Training Endurance▲
- Energy and Metabolic Support▲
- High Antioxidant Value*
- Training Performance Support▲

CONTAINS 200 MG OF CAFFEINE PER SCOOP**WARNING:** CONSULT YOUR PHYSICIAN BEFORE USING THIS PRODUCT IF YOU ARE TAKING ANY MEDICATIONS OR ARE UNDER A PHYSICIAN'S CARE FOR A MEDICAL CONDITION. NOT FOR USE BY THOSE UNDER THE AGE OF 18, WOMEN THAT ARE PREGNANT, TRYING TO GET PREGNANT, OR NURSING, OR THOSE THAT ARE SENSITIVE TO CAFFEINE OR BETA-ALANINE. DO NOT CONSUME CAFFEINE FROM OTHER SOURCES WHILE TAKING THIS PRODUCT AS TOO MUCH CAFFEINE MAY CAUSE NERVOUSNESS, IRRITABILITY, SLEEPLESSNESS, AND OCCASIONALLY RAPID HEARTBEAT. BETA-ALANINE MAY CAUSE A HARMLESS, TEMPORARY TINGLING OR FLUSHING SENSATION.**TRUE STRENGTH™**
WWW.OPTIMUMNUTRITION.COM

▲ 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.

PRE-WORKOUT ENERGY & FOCUS***DIRECTIONS:** Mix each scoop with 6-10 oz of water and consume 30 minutes before training. Start with 1 scoop or less to assess your tolerance.**DO NOT EXCEED MORE THAN 2 SCOOPS PER DAY.**

KEEP OUT OF REACH OF CHILDREN. DO NOT COMBINE WITH ALCOHOL. CONSUME AS PART OF A HEALTHY DIET, AND DRINK AT LEAST 100 OZ OF WATER PER DAY. EXERCISE MAY INCREASE YOUR NEED FOR FLUID INTAKE. STORE IN A COOL, DRY PLACE. CONTENTS SOLD BY WEIGHT NOT VOLUME.

■ FROM VITAMIN C



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PepForm® is a trademark of Glanbia plc.



Capsimax™ trademark belongs to OmniActive Health Technologies.



MegaNatural® Red Wine Grape Extract is a trademark of Constellation Wines U.S. Inc.

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