

Fruit Punch Flavour Ready To Mix Food Supplement Powder with Amino Acids, Caffeine and Vitamins with Sweeteners / Complemento Alimenticio en Polvo con Aminoácidos, Cafeína y Vitaminas, Listo para Mezclar, con Sabor a Ponche de Frutas y con Edulcorantes.  
High Caffeine Content (175 mg per serving). Not recommended for children or pregnant or breastfeeding women. / Contenido Elevado de Cafeína (175 mg por porción). No recomendado para niños ni mujeres embarazadas o en período de lactancia.



**175 mg** | **1.5 g** | **3 g**  
CAFFEINE FROM NATURAL SOURCES | BETA-ALANINE | CREATINE

PER SERVING

**INGREDIENTS:** Creatine Monohydrate, Amino Acids (L-Citrulline, Beta-Alanine as CarnoSyn®, N-Acetyl L-Tyrosine), Acidity Regulators (Citric Acid, Malic Acid, Tartaric Acid), Flavours, L-Carnitine, Vitamins (Pyridoxine Hydrochloride, Nicotinamide, Calcium D-Pantothenate, Cyanocobalamin, Thiamin Hydrochloride, Cholecalciferol, Pteroylmonoglutamic Acid), Colours (Beetroot Red, Beta Carotene, Curcumin), Grapefruit Bioflavonoid Complex, Natural Caffeine, Thickeners (Cellulose Gum, Xanthan Gum, Carrageenan), Anti-Caking Agents (Silicon Dioxide, Calcium Silicate), Sweeteners (Sucralose, Acesulfame K), *Panax notoginseng* Root Extract Powder.  
**INGREDIENTES:** Monohidrato de Creatina, Aminoácidos (L-Citrulina, Beta-Alanina como CarnoSyn®, N-Acetil de L-Tirosina), Correctores de Acidez (Ácido Cítrico, Ácido Málico, Ácido Tartárico), Aromas, L-Carnitina, Vitaminas (Clorhidrato de Piridoxina, Nicotinamida, D-Pantotenato Cálcico, Cianocobalamina, Clorhidrato de Tiamina, Colecalciferol, Ácido Pteroilmonoglutámico), Colorantes (Rojo de Remolacha, Beta-Caroteno, Curcumina), Complejo de Bioflavonoides de Pomelo, Cafeína Natural, Espesantes (Goma de Celulosa, Goma Xantana, Carragenanos), Antiaglomerantes (Dióxido de Silicio, Silicato Cálcico), Edulcorantes (Sucralosa, Acesulfamo K), Extracto de Raíz en Polvo de *Panax notoginseng*.

May Contain: Milk, Soy, Gluten, Egg, Nuts and Peanuts.  
Puede Contener: Leche, Soja, Gluten, Huevo, Frutos de Cáscara y Cacahuetes.

BEST BEFORE END AND BATCH NUMBER: SEE LID /  
NÚMERO DE LOTE Y CONSUMIR PREFERENTE-  
MENTE ANTES DEL FIN DE: VER TAPA

EU Customer Service  
4 Waterside, Citywest Business Campus,  
Dublin 24, Ireland



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INFORMED-CHOICE is a quality assurance program for sports nutrition products. The program certifies that all nutritional supplements that bear the Informed-Choice logo have been tested for banned substances by the world class sports anti-doping lab, LGC Limited.

# GOLD STANDARD PRE-WORK OUT™

BANNED  
SUBSTANCE  
FREE

FRUIT PUNCH FLAVOUR  
No Artificial Colours

ENERGY<sup>A</sup> + FOCUS<sup>+</sup> + POWER & PERFORMANCE<sup>■</sup>

NET WT. 330 GRAMS e 30 SERVINGS

## NUTRITION INFORMATION INFORMACIÓN NUTRICIONAL

Serving Size: 1 Level Scoop / Porción: 1 Cucharada Rasa (11 g)  
Servings Per Container Approximately / Porciones Por Envase  
Aproximadamente: 30

| Typical Values / Valores Medios                            | Per (%RI*) / Por (%IR*) 11 g |
|--|------------------------------|
| Energy / Valor Energético                                  | 146 kJ / 35 kcal             |
| Vitamin D / Vitamina D                                     | 5.0 µg (100%)                |
| Vitamin B1 / Vitamina B1                                   | 2.0 mg (179%)                |
| Niacin / Niacina   | 17 mg (106%)                 |
| Vitamin B6 / Vitamina B6                                   | 2.0 mg (140%)                |
| Folic Acid / Ácido Fólico                                  | 200 µg (100%)                |
| Vitamin B12 / Vitamina B12                                 | 9.0 µg (360%)                |
| Pantothenic Acid / Ácido Pantoténico                       | 10 mg (167%)                 |
| Amino Acids / Aminoácidos                                  | 3.3 g                        |
| L-Citrulline / L-Citrulina                                 | 1.5 g                        |
| Beta-Alanine as CarnoSyn® /<br>Beta-Alanina como CarnoSyn® | 1.5 g                        |
| N-Acetyl L-Tyrosine / N-Acetil de L-Tirosina               | 250 mg                       |
| Creatine Monohydrate / Monohidrato de Creatina             | 3.4 g                        |
| Creatine / Creatina  | 3.0 g                        |
| L-Carnitine / L-Carnitina                                  | 375 mg                       |
| Caffeine / Cafeína   | 175 mg                       |
| Grapefruit Bioflavonoids / Bioflavonoides de Pomelo        | 50 mg                        |
| <i>Panax notoginseng</i>                                   | 50 mg                        |

\*Reference Intake / Ingesta de Referencia

**DIRECTIONS:** Mix 1 level scoop (11 g) in 350 ml of cold water.  
Recommended consumption of 1 serving per day.  
**INSTRUCCIONES DE USO:** Mezclar 1 cucharada rasa (11 g) en 350 ml de agua fría. Consumo recomendado de 1 porción al día.

**NOTE:** To be used in the framework of a varied and balanced diet and healthy lifestyle. Food supplements are not to be used as a substitute for a varied diet. Do not exceed the recommended daily dose. Keep out of reach of children. **NOTA:** Los complementos alimenticios no deben utilizarse como sustituto de una dieta equilibrada. No superar la dosis diaria recomendada. Mantener fuera del alcance de los niños.

▲ VITAMINS B1, B6, B12, NIACIN AND PANTOTHENIC ACID CONTRIBUTE TO NORMAL ENERGY-YIELDING METABOLISM  
† CAFFEINE CONTRIBUTES TO INCREASED ALERTNESS AND IMPROVED CONCENTRATION  
■ CREATINE INCREASES PHYSICAL PERFORMANCE IN SUCCESSIVE BURSTS OF SHORT-TERM, HIGH INTENSITY EXERCISE

IF YOU ARE TAKING ANY MEDICATIONS OR ARE UNDER A PHYSICIAN'S CARE, ONLY INTENDED TO BE CONSUMED BY HEALTHY ADULTS 18 YEARS OF AGE AND OLDER. NOT RECOMMENDED FOR THOSE THAT ARE SENSITIVE TO BETA-ALANINE OR CAFFEINE. DO NOT CONSUME CAFFEINE FROM OTHER SOURCES WHILE TAKING THIS PRODUCT. BETA-ALANINE MAY CAUSE A HARMLESS, TEMPORARY TINGLING OR FLUSHING SENSATION. DO NOT CONSUME WITH ALCOHOL.

STORE IN A COOL, DRY PLACE / CONSERVAR EN UN LUGAR FRESCO Y SECO

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