

Watermelon 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 Sandía 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

INGREDIENTS: Creatine Monohydrate, Amino Acids (L-Citrulline, Beta-Alanine as CarnoSyn®, N-Acetyl L-Tyrosine), Acidity Regulators (Citric Acid, Malic Acid, Tartaric Acid), Flavouring, L-Carnitine, Vitamins (Pyridoxine Hydrochloride, Nicotinamide, Calcium D-Pantothenate, Cyanocobalamin, Thiamin Hydrochloride, Cholecalciferol, Pteroylmonglutamic Acid), 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, Colour (Beetroot Red). **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), Aroma, L-Carnitina, Vitaminas (Clorhidrato de Piridoxina, Nicotinamida, D-Pantotenato Cálcico, Cianocobalamina, Clorhidrato de Tiamina, Colecalciferol, Ácido Pteroilmonoglutámico), 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*, Colorante (Rojo de Remolacha).

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



Trusted by sport

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™



ENERGY^A + FOCUS⁺ + POWER & PERFORMANCE[■]

NET WT. 330 GRAMS e 30 SERVINGS

WATERMELON FLAVOUR
 No Artificial Colours

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	112 kJ / 27 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® / 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
 WARNING: CONSULT YOUR PHYSICIAN BEFORE USING THIS PRODUCT 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 CAFEINE FROM OTHER SOURCES WHILE TAKING THIS PRODUCT. BETA-ALANINE MAY CAUSE A HARMLESS, TEMPORARY TINGLING OR FLUSHING SENSATION. DO NOT CONSUME WITH ALCOHOL.

5060245605656

FPO UPC



V1.565.1114EU 6031230

CarnoSyn® trademark and patents owned by Natural Alternatives International, Inc. **TRUE STRENGTH**
 www.optimumnutrition.com

FORMULATED BY OPTIMUM NUTRITION MADE IN THE EU