

# Supplement Facts

Serving Size 1 packet (18.4g)

Servings Per Container 20

## Amount Per Serving

%DV

Calories	30	
Total Carbohydrate	7g	2%*
Sugars	3g	
Vitamin C (as Ascorbic Acid)	100mg	166%
Thiamin	0.45mg	30%
Riboflavin	0.5mg	29%
Niacin	10mg	50%
Vitamin B6 (as Pyridoxine HCL)	10mg	500%
Folic Acid	100mcg	25%
Vitamin B12 (as Methylcobalamin)	24mcg	400%
Pantothenic Acid (as D-Calcium Pantothenate)	5mg	50%
Magnesium (from ConcenTrace®)	30mg	8%
Chloride (from Potassium Chloride, ConcenTrace®)	90mg	3%
Sodium (as Sodium Citrate)	20mg	1%
Potassium (from Potassium Chloride)	30mg	<1%

Mental Focus/Energy Blend	4531mg	†
Tapioca Starch, Guaraná, D-Ribose, Green Tea leaf, Choline Citrate, Ginko Biloba leaf powder, (Net Caffeine = 150mg).		

Power, Strength, & Endurance Blend	3301mg	†
Creatine Monohydrate, Beta-Alanine, Creatine HCL, Chinese Ginseng, Rhodiola root powder, Eleuthero root powder, Quercetin Dihydrate powder, Alpha Lipoic Acid.		

Nitric Oxide Boost/Circulation Blend	2500mg	†
L-Citrulline, AAKG L-Arginine, Organic Beet Root powder.		

BCAA 2:1:1 Blend	2000mg	†
L-Leucine, L-Isoleucine, L-Valine.		

ConcenTrace® Electrolyte Blend	500mg	†
A complex of over 72 naturally occurring ionic trace minerals from the Great Salt Lake.		

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

† Daily Value (DV) not established.

**Other Ingredients:** Certified organic cane sugar, natural raspberry and citrus flavors (lemon, lime), citric acid, stevia leaf extract, silica.

**Allergen Info:** contains no known allergens. GLUTEN FREE.

**NOTICE:** Consult a health care professional prior to use. Do not use if you are pregnant, nursing, sensitive to caffeine, under the age of 18, have any known or suspected medical conditions, and/or if you are taking any prescription or OTC medications. The caffeine content in this product is equivalent to about 6-8 oz of coffee. Too much caffeine may cause nervousness, irritability, sleeplessness, and, occasionally, rapid heartbeat. Begin use with ½ the serving size or less and assess your tolerance. Once tolerance is assessed, take a maximum dose of 1 serving daily. To avoid sleeplessness, do not consume within 6 hours of bedtime. KEEP OUT OF REACH OF CHILDREN.