

SUPPLEMENT FACTS

Serving Size: 1 Stick Pack (15g)

Servings Per Container 20

Amount Per Serving

Calories 30

Calories from Fat 0

AMOUNT PER SERVING % DV[†]

Total Carbohydrate	6 g	2%
Sugars	1 g	**
Calcium	155 mg	15%
Phosphorus	224 mg	22%
Magnesium	181 mg	45%
Sodium	230 mg	10%
Potassium	450 mg	13%

Proprietary Blend for Size & Recovery 3093 mg **

L-Arginine alpha-ketoglutarate **

L-Arginine HCl **

ACTINOS²IR™ Whey Peptide Fraction *** **

Proprietary Blend for Strength & Power 2000 mg **

Disodium phosphate **

Potassium aspartate **

Dicalcium phosphate **

Creatine anhydrous **

Creatine ethyl ester HCl **

Proprietary Blend for Stamina and Endurance 1101 mg **

Potassium bicarbonate **

Sodium bicarbonate **

CarnoSyn® Beta-alanine **

Proprietary Blend for Muscle Energy Metabolism 879 mg **

Magnesium oxide **

Medium chain triglyceride blend **

Potassium alpha-ketoisocaproate **

Potassium glycerophosphate **

Magnesium glycerophosphate **

Vitamin B Complex **

Pyridoxine hydrochloride (B6) 1500%

Cyanocobalamin (B12) 1900%

Riboflavin (B2) 120%

Folic Acid 190%

Malic Acid **

Proprietary Blend for Neuromodulators for Focus and Intensity 702 mg **

Taurine **

Caffeine **

Green tea extract **

Betaine anhydrous **

[†]Percent Daily Values (%DV) are based on a 2,000 calorie diet.

**Daily Values not established

OTHER INGREDIENTS: Maltodextrin, Citric Acid, Natural and Artificial Flavors, Sucralose, Silicon Dioxide, FD&C RED #40.

NO: Yeast, Soy, or Wheat (Gluten).

***Contains Milk Ingredients