

DIRECTIONS: Thirty (30) minutes before training, mix 1 full scoop of TRAINER thoroughly with 8 fl. oz. of cold water, then drink. You may experience a harmless tingling sensation within 1 hour of consuming TRAINER.

Supplement Facts

Serving Size: 1 Scoop (11.3 g) Serving Per Container: 20

	Amount Per Serving	% Daily Value
TRAINER Clinically Dosed Muscular Performance System* Creatine Monohydrate, Beta-Alanine	8,800 mg	‡
TRAINER Post-Workout Sustained Calorie-Burning System* Raspberry Ketone, <i>Paullinia cupana</i> Concentrate (seed), <i>Ilex paraguariensis</i> Extract (leaf), Green Tea Extract (leaf), supplying 250 mg of natural caffeine	620 mg	‡
TRAINER CortiFit™ Patented Cortisol-Regulating Adaptogenic* High-Potency <i>Withania somnifera</i> (root and leaf) (8% Withanolides)	250 mg	‡

‡ Daily Value not established.

Other ingredients: Natural & artificial flavors, citric acid, acesulfame-K, sucralose, beet juice powder and silicon dioxide.