

Supplement Facts

Serving Size 1 Stick Pack (10.4 g)

Servings Per Container 15

	Amount Per Serving	%DV
Calories	10	
Total Carbohydrate	2 g	< 1%*
Total Sugars	0 g	†
Sugar Alcohol	0 g	†
Vitamin B2 (as riboflavin)	1.3 mg	100%
Vitamin B9 (as L-5-methyltetrahydrofolate)	100 mcg DFE	25%
Vitamin B12 (as methylcobalamin)	5 mcg	208%
Magnesium	35 mg	8%
Chloride	103 mg	4%
Potassium	64 mg	1%
Creatine Monohydrate	3000 mg	†
Nitrosigine® (Arginine Silicate Inositol Complex)	1500 mg	†
Taurine	1000 mg	†
Beta Alanine	800 mg	†
Tart Cherry Extract (Cerasus pseudocerasus) (Fruit)	500 mg	†
Alpha Performance™ Proprietary Blend	700 mg	†
Guarana Seed Extract (Paullinia Cupana) (Seed) (200 mg caffeine)		†
Z1-Minerals™ 72 Ionic Sea Minerals and Trace Minerals		†
Z3-Minerals™ 70+ Ionic Fulvic Minerals and Trace Minerals		†

* Percent Daily Values (DV) are based on a 2000 calorie diet

† Daily Value (DV) not established