

Supplement Facts

Serving Size: 18.9 g

	Amount Per Serving	% Daily Value
Calories	25	
Total Carbohydrate	6 g	2%*
Dietary Fiber	<1 g	2%*
Total Sugars	4 g	†
Includes 4g Added Sugars		8%*
Creatine monohydrate	5 g	†
Beta-Alanine (as CarnoSyn®)	3 g	†
Betaine anhydrous	2.5 g	†
Citicoline monosodium salt	500 mg	†
L-Theanine	250 mg	†
Green tea leaf extract (98% caffeine)	100 mg	†

* Percent Daily Values are based on a 2,000 calorie diet.

† Daily value not established.

Other ingredients: Cane sugar, natural flavors, citric acid, guar gum, high purity steviol glycosides, silica, and beet root (for color)