

# GUIDELINE

## PRE WORKOUT GUMMIES, 60 COUNT



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**Other Ingredients:** Water, Sugar, Pectin, Tapioca Syrup, Natural Flavoring, Black Carrot Powder (for color), Citric Acid.

**Suggested Use:** Take 4 gummies once daily, with or without a meal.

**Storage:** Store tightly closed in a dark, cool and dry place (45F-75F). Gummy colors may change over time due to natural colors. This does not alter the potency of the product.

**Warning:** Do not use if inner seal has been broken or is missing. Keep out of reach of children and pets. Consult a physician for optimal use. Gummy colors may change over time due to natural colors. This does not alter the potency of the product.

Pregnant or nursing mothers should consult a doctor before use.

**FDA Disclaimer:** This product has not been evaluated by the FDA (Food and Drug Administration) and is not intended to diagnose, treat, cure, or prevent any disease.

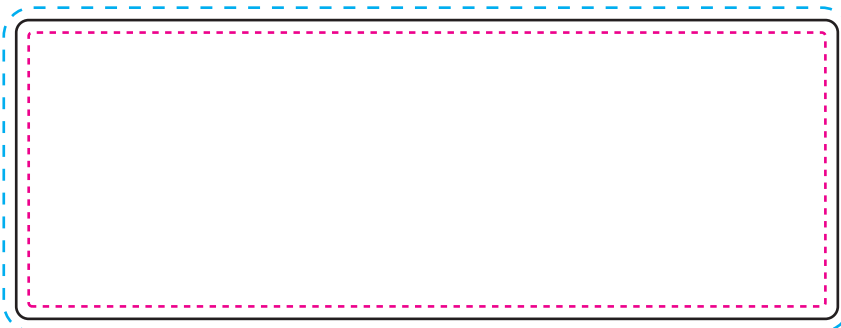
**Flavor:** Cherry or Green Apple

### Nutrition Facts

15 Servings per container	
<b>Serving size</b>	4 Vegan Gummy (14g)
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>20</b>
<small>Amount Per Serving % DV*</small>	
<b>Sodium</b> 14mg	<1%
<b>Total Carbohydrate</b> 6g	6%
Total Sugars 4g	
Includes 4g Added Sugars 8%	
<b>Performance Matrix</b>	
L-Lucine	25mg *
L-Isoleucine	25mg *
L-Valine	25mg *
Creatine Monohydrate	250mg *
<b>Muscle Progression Blend</b>	
Beta Alanine	15mg *
Glutamine	15mg *
Beet Root Extract ( <i>Beta vulgaris L.</i> )	10mg *
Black Pepper ( <i>piper Nigrum</i> )	
Fruit Extract ( <i>as Bioperine®</i> )	1mg *
<b>Energy Matrix</b>	
Caffeine	25mg *
Green Tea Extract 50% EGCG	25mg *
<small>Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium</small>	
<small>*The % Daily Value (%DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	
<small>** (DV) not established</small>	

## LABEL SIZING

<b>Die #: 0040</b>	<b>Height: 3"</b>	<b>Width: 8.25"</b>
<b>Auto Applied Gap: 0.125"</b>		<b>Corner Radius: 0.125</b>



\*NOT TO SCALE

#### Safety Zone Line [Inside]:

No design elements should be outside this line unless bleeding off the label.

#### Die Line [Actual Size]:

This is where the die strikes and the label is cut

#### Bleed Line [Does not print]:

Any design element intended to bleed off the label

FDA Disclaimer MUST be preceded by "\*\*"

### BADGES ALLOWED TO BE ON LABEL:



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9587 South 500 West  
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