

**SUPPLEMENT FACTS**

Serving Size 1 level scoop (6 g) Servings Per Container 40

	AMOUNT PER SERVING	% DV†
Calories	15	
Total Carbohydrate	4 g	1%
Sugars	2 g	**
Calcium (as calcium citrate)	5 mg	1%
Magnesium (as magnesium citrate)	20 mg	5%
Sodium (as sodium citrate and chloride)	115 mg	5%
Potassium (as potassium citrate)	40 mg	1%
<b>PERFORMANCE/ANTI-MUSCLE FATIGUE BLEND</b>		
Beta-alanine	800 mg	**
Quercetin ( <i>Uncaria elliptica</i> ) leaf extract	500 mg	**
Green tea ( <i>Camellia sinensis</i> ) leaf extract (provides 100 mg of natural caffeine)	200 mg	**

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

\*\*% Daily Value (DV) not established.

OTHER INGREDIENTS: Beet sugar, Citric acid, Stevia (*Stevia rebaudiana*) leaf extract, Natural lemonade flavor type, Silica.

Licensed under one or more of U.S. Pat. Nos. 5,965,596, 6,426,361, 7,504,376, and 8,067,381, each of which is owned by Natural Alternatives International, Inc. (NAI). NAI is also the owner of the registered trademark CarnoSyn®.

**DIRECTIONS:** Gently shake the container to loosen compressed powder. Mix 1 level scoop with water until dissolved according to the recommended dosage below. Drink within 30 minutes before exercise.**RECOMMENDED DOSAGE:**

Body weight (lbs.)	<160	≥160
Level scoops	1	2
Water (oz)	8	16

**WARNING:** This product contains Caffeine and Beta-alanine. Please do not consume this product if you have caffeine sensitivity or health concerns with products that stimulate or promote energy. Some people may also feel a mild tingling from Beta-alanine. If sensitive to caffeine or other stimulants, start with 1 scoop. Do not exceed 2 scoops at any given time and do not take within 4 hours of sleep. Consult with a healthcare professional if you are pregnant, breastfeeding, or if you have any medical conditions. Keep out of reach of children.**ALLERGEN INFORMATION:** This product is manufactured in a plant that also processes milk, soy, egg, fish, crustacean shellfish, tree nuts, peanuts, and wheat ingredients.

STORE IN A COOL, DRY PLACE.



Certified for Sport®



DIETARY SUPPLEMENT

PRE-WORKOUT

BEACHBODY  
PERFORMANCE™

ENERGIZE

LEMON

FORMULATED WITH KEY INGREDIENTS  
SCIENTIFICALLY SHOWN TO:\*

- » Improve intense exercise performance
- » Increase energy and endurance
- » Sharpen focus and reaction time

NET WT 8.5 OZ (240 g)

**BEACHBODY PERFORMANCE™ SUPPLEMENTS**Designed by Harvard-trained scientists, and based on cutting-edge exercise physiology and performance nutrition research, Beachbody Performance uses scientifically backed *ergogenic* ingredients and plant-based nutrients to help maximize exercise performance and recovery without any artificial colors, flavors, sweeteners, or preservatives.

Energize is formulated with key ingredients scientifically shown to improve exercise performance, sharpen focus, and delay muscle fatigue. Key ingredients include beta-alanine to help increase muscle carnosine levels to buffer muscle acid buildup, increase muscle power output, and delay muscle fatigue. Plus, a low dose of natural caffeine from green tea to help enhance energy and sharpen focus and reaction time, and the powerful phytonutrient quercetin to help improve and sustain exercise performance.

\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.



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PATENT PENDING