

PRE-WORKOUT SUPPLEMENTS

**WATCH FOR STIMULANTS.
READ THE LABEL.**

Stimulants are intended to rev you up, but too much can negatively affect your training and performance.

PROHIBITED INGREDIENTS

This product contains 1,3-dimethylamylamine, or DMAA, which is **prohibited for use** by Military Service Members.

BLENDS

Can you tell how much of each ingredient is in the product? This product contains a **“proprietary blend”** (also might be called a “matrix” or “complex”).

CAFFEINE

May contain 300 mg or more per serving (or an **unknown amount** in a proprietary blend). Consider all sources of caffeine (foods, beverages, and dietary supplements). Do not exceed 600 mg caffeine per day to avoid adverse effects such as racing heart, altered heart rhythms, insomnia, increased blood pressure, jitters, GI upset, and chest pain.

STIMULANTS

The product contains **multiple stimulants** (in red) that together could compromise mission readiness due to negative health effects (see Caffeine above). Insomnia from stimulants can adversely impact performance and sleep.

THIRD-PARTY CERTIFICATION

Look for evidence of **third-party certification or verification**, such as one of these seals:

