

PRE-WORKOUT » SUPPLEMENT

Pre-workout Energy to
**FOCUS THE MIND
& POWER THE BODY***

DEVELOPED BY GATORADE
AND FORMULATED WITH 200mg
CAFFEINE PER SERVING TO HELP
IGNITE POWER & PERFORMANCE†



DIRECTIONS & USE:

Mix one scoop of FAST TWITCH
Pre-Workout Supplement with
16 fl-oz of water. Consume prior
to exercise.

WARNING: NOT RECOMMENDED FOR USE BY CHILDREN UNDER 18 YEARS OF AGE OR FOR USE BY
PREGNANT OR NURSING WOMEN. DO NOT USE IF SENSITIVE TO CAFFEINE. SOME INDIVIDUALS MAY
EXPERIENCE A TINGLING SENSATION AFTER CONSUMING PRODUCTS CONTAINING BETA-ALANINE.
DO NOT CONSUME MORE THAN ONE SERVING PER DAY.
NOT INTENDED FOR HYDRATION PURPOSES.

*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.



EACH SERVING FORMULATED WITH
3.5g L-CITRULLINE

3g BETAINE

2g BETA-ALANINE

200mg CAFFEINE

EXCELLENT SOURCE OF
VITAMINS B₆ & B₁₂

NO COLORS FROM
ARTIFICIAL SOURCES

POWER & FOCUS*

WITH
**200mg
CAFFEINE**
PER SERVING

ALSO INCLUDES:
2g
BETA-ALANINE

2g
TOTAL SUGARS
PER SERVING

FAST TWITCH



FROM THE
MAKERS OF



FRUIT PUNCH
ARTIFICIALLY FLAVORED

NET WT 16.2 OZ (1.01 LB) 460 g

Supplement Facts

Serving Size 1 scoop (23g)
Servings Per Container 20

Amount Per Serving	% DV
Calories 70	
Total Carbohydrate 9g	3%*
Total Sugars 2g	†
Includes 2g Added Sugars	4%*
Vitamin C (as ascorbic acid) 90mg	100%
Vitamin B ₆ (as pyridoxine hydrochloride) 1.7mg	100%
Folate 400mcg DFE (235mcg folic acid)	100%
Vitamin B ₁₂ (as cyanocobalamin) 2.4mcg	100%
Sodium 80mg	3%
Potassium 240mg	5%
Beta-Alanine (CarnoSyn®) 2g	†
Betaine Anhydrous 3g	†
Caffeine 200mg	†
L-Citrulline 3.5g	†
Taurine 1g	†

* Percent Daily Values (DV) are based on a 2,000 calorie diet.
† Daily Value (DV) not established.

OTHER INGREDIENTS:
MALTODEXTRIN, DEXTROSE, CITRIC ACID, POTASSIUM
CITRATE, MALIC ACID, GUM ARABIC, SODIUM CITRATE,
NATURAL FLAVOR, XANTHAN GUM, SUCRALOSE, BEET
POWDER (COLOR).

PRODUCED FOR: CYTOSPORT, INC., P.O. Box 049003,
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banned by most major athletic organizations

