

Nutrition Information		
Serving size: 20 g		Servings per container: 15
Amount per serving		NRV%*
Creatine Monohydrate (88% Creatine)	3410 mg	
L-Arginine	3100 mg	
L-Citrulline DL-Malate	3100 mg	
Beta-Alanine	2400 mg	
L-Arginine Alpha-Ketoglutarate	1500 mg	
L-Citrulline	1500 mg	
L-Tyrosine	200 mg	
Coffeine®	190 mg	
Calcium	139 mg	17%
Guarana extract (min. 10% Caffeine)	100 mg	
L-Phenylalanine	90 mg	
L-Histidine HCL (74% L-Histidine)	50 mg	
L-Lysine HCL (80% L-Lysine)	50 mg	
L-Taurine	50 mg	
Panax Ginseng extract (min. 4% Ginsenosides)	25 mg	
Total Caffeine amount	200 mg	
* NRV%: Nutrient Reference Value for adults per serving.		
Ingredients: Creatine Monohydrate, L-Arginine, L-Citrulline DL-Malate 1:1, Beta-Alanine, Maltodextrin, L-Arginine Alpha-Ketoglutarate 2:1, L-Citrulline, Acidity Regulator (Citric Acid Anhydrous), Anti-Caking Agents (Tri-calcium Phosphate, Silicon Dioxide), Calcium Carbonate, Flavor (Mango), Sweeteners (Acesulfame K, Sucralose), L-Tyrosine, Coffeine® (natural Caffeine Anhydrous from coffee beans) [<i>Coffeine® is a licensed trademark of Cambridge Commodities Limited</i>], Paullinia cupana (Seed) 2-4:1 extract, L-Phenylalanine, Colors (Beta Carotenes), L-Histidine HCL, L-Lysine HCL, L-Taurine, Panax ginseng (Root) 4:1 extract.		



RNO

THE PRE-WORKOUT

NITRIC OXIDE PRE-WORKOUT FORMULA
9.3 g N.O. ACTIVATORS/SERVING

MANGO BLAST FLAVOR

300 g
NET WT.

15
SERVINGS

DR. N.O. is a Mango Blast flavored food supplement drink powder with sweeteners. This is a massive Pre-Workout formula consisting of rigorously selected ingredients. Just to highlight some, there are several Nitric Oxide sources, two naturally derived Caffeine sources, plus Creatine that increases physical performance in successive bursts of short-term, high intensity exercise with a daily intake of 3 g or more*. Furthermore, the added Calcium in this product contributes to normal muscle function and energy yielding metabolism*.

* These health claims are approved by the European Food Safety Authority (EFSA) and the European Commission (EC).

Consumption and Storage Recommendations: The recommended daily dosage is 1 serving (1 and ½ scoop). Take 1 serving and mix it with 400 ml water, 20–30 minutes before training. Individuals who are sensitive to stimulants should first assess their tolerance by taking less than a full serving. Take 5 days break after 6 weeks of use. Do not take within 4 hours before sleep.

Best before end (month/year) see on packaging. Do not expose this product to direct sunlight or heat for an extended period. Keep this product closed at a temperature of between 6 and 26 °C. Relative humidity should be below 65%.

Warnings: Keep out of reach of children. The product is not recommended for children, pregnant and nursing women. This product is not a food substitute or replacement. Use this product to supplement a balanced diet. Use no more than the recommended dosage. This product contains a significant amount of caffeine per serving (200 mg). For this reason do not combine it with other stimulants! If you are under medication for heart, mental or any other health conditions, consult your doctor before use. Beta-alanine may cause a harmless tingling feeling on the skin.

Allergen info: Manufactured in a facility that processes milk, egg, gluten, soy, peanuts, nuts, fish and crustacean ingredients.

Net Weight: 300 g Made in EU



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