

PWO PRE-WORKOUT ENERGY & FOCUS ACTIVATOR

PWO combines a unique optimal blend of ingredients such as Cognizin, Vinitrox, Cocoa extract, Tyrosine and Beta Alanine. Plus Niacin and Caffeine, for energy and focus, to stimulate an intense pre-workout experience. Use as part of your mind-muscle connection plan, high intensity cardio workouts or explosive strength training.

*Niacin contributes to normal energy-yielding metabolism.
**Caffeine contributes to increased alertness and improved concentration.
Cognizin® is a registered trademark of KYOWA HAKKO BIO CO., LTD.
ViNitrox™ is a registered trademark of NEXIRA.

EFFECTIV™
SPORTS NUTRITION

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EFFECTIV™

PWO

PRE-WORKOUT ENERGY & FOCUS ACTIVATOR

WITH Cognizin® POWERED BY VINITROX™

30
SERVINGS

STRAWBERRY LIME FLAVOUR



Net WT 168g

RECOMMENDED USE: Mix one serving (one scoop) in 150-200ml of water.
Use one to two servings as desired approximately 15 minutes before exercise.

NUTRITION INFORMATION

Serving Size: 1 Scoop (5.6g) Servings Per Container 30

	Per 5.6g serving	*RI per serving
Niacin (mg NE)	25	156%
Magnesium (mg)	40	11%
Vitamin C (mg)	200	250%
Vitamin B6 (mg)	1.5	107%
Beta-Alanine (mg)	1600	—
L-Tyrosine (mg)	1500	—
Cocoa Extract (mg)	500	—
Citicoline (Cognizin) (mg)	250	—
Caffeine (mg)	200	—
Apple & Grape Polyphenols Extract (ViNitrox) (mg)	125	—
Nutmeg Seed Extract (mg)	100	—
Black Pepper Extract (Biperine) (mg)	2.5	—

*RI = Reference intake
— RI Not Established

WARNING: Contains caffeine (200mg per serving). Not recommended for children or pregnant women.

168g FOOD SUPPLEMENT WITH VITAMINS, MINERAL, HERBS, AMINOS & SWEETENER

INGREDIENTS: Beta Alanine, L-Tyrosine, Cocoa Extract (*Theobroma Cacao*), Citicoline (Cognizin), Magnesium Citrate, Vitamin C (Ascorbic Acid), Caffeine Anhydrous, Sodium Chloride, Citric Acid, Flavouring, Grape (*Vitis vinifera*) and Apple (*Malus pumila*) Extracts (ViNitrox), Maltodextrin, Anti-Caking Agent (Silicon Dioxide), Nutmeg Seed Extract (*Myristica Fragrans*), Sweetener (Sucralose), Niacin (Niacinamide), Black Pepper Extract (*Piper Nigrum*) (Biperine), Vitamin B6 (Pyridoxine Hydrochloride).

Do not exceed recommended intake.
Do not use as a substitute for a varied and balanced diet and a healthy lifestyle.
Store in a cool, dry place.
KEEP OUT OF REACH OF CHILDREN.

🌱 Suitable for Vegetarians.
Gluten Free.

Contents sold by weight, not volume.
Settling may occur.

BEST BEFORE DATE & BATCH
NUMBER SEE BASE