

L-citrulline, beta-alanine, acids (L-tartaric acid, citric acid), anti-caking agents (silicon dioxide, calcium silicate), flavourings, caffeine, L-ascorbic acid (vit. C), Rhodiola rosea root extract (*Sedum roseum (L.) Scop.*), inulin, sweeteners (sucralose, acesulfame K), choline bitartrate, Panax notoginseng root extract (*Panax ginseng C.A. Mey.*), grapefruit bioflavonoids extract (*Citrus paradisi*), nicotinamide (vit. B3), colour (curcumin), zinc oxide, black pepper extract (*Piper nigrum L.*), spirulina powder (*Spirulina platensis (Gomont) Geitler*)

Allergy advice

may contain traces of milk, gluten, egg, soy, nuts and peanuts

Nutritional facts	3 scoops (13 g)
Vitamin C	80 mg (100%)*
Niacin	32 mg (200%)*
Zinc	10 mg (101%)*
Citrulline	6,0 g
Beta-alanine	3,2 g
Caffeine	200 mg
<i>Rhodiola rosea L.</i>	200 mg
Choline bitartrate	50 mg
<i>Panax notoginseng</i>	50 mg
Grapefruit bioflavonoids	50 mg
Piperine	5,0 mg

*Reference intake