



XS™ Pre-Workout Boost

Item # 316375 Blue Raspberry - 30 servings pouch

Item # 316376 Green Apple - 30 servings pouch

Item # 316377 Blue Raspberry - 12 stick packs

Item # 316378 Green Apple - 12 stick packs

Take your training performance to the next level.

XS™ Pre-Workout Boost supplement utilizes science-based ingredients including clinical doses of L-citrulline and beta alanine to ensure you are getting the best from every serving and maximizing your training performance.[†]



Beta Alanine

Contains 4g of CarnoSyn®** Beta Alanine to boost training performance by supporting anaerobic exercise, muscle endurance and strength training performance.[†]

L-Citrulline

Includes 3.4g of L-Citrulline to support the production of nitric oxide and support healthy blood flow during exercise to help deliver more oxygen and nutrients to your muscles.[†]

Caffeine + Rhodiola Rosea

Contains 115mg of natural caffeine, equivalent to a cup of coffee, and 100mg of Rhodiola Rosea shown to increase alertness, improve focus and mental stamina, reduce fatigue and increase energy during exercise.[†]

Muscle Multiplier*[†] Essential Amino Acids

Infused with 1g of XS Muscle Multiplier*[†] amino acid blend to kick start your essential amino acid supplementation.

B-Vitamins

Includes the same mega dose of B-Vitamins as XS Energy Drinks, to support your energy production from food.[†]

Who it's for:

Men and women who want to improve their strength and muscular endurance or athletic training performance.

Advisories:

May cause flushing and/or tingling. Contains 115 mg of caffeine per serving. Children under 12 years of age, pregnant women or nursing mothers, or anyone with a medical condition, should consult with a physician before using this product.

**CarnoSyn® is a registered trademark of Natural Alternatives International, Inc.



Mix 1 level scoop in 355-475 mL (12-16 fl. oz.) of water or juice. Consume immediately. No more than 2 servings per day.