

PRE PRE PRE PRE PRE PRE PRE PRE PRE PRE PRE PRE PRE PRE PRE

**PERFORMIX® ION PRE-WORKOUT POWERS YOUR WORKOUT.\* ENERGY\*\***

PERFORMIX® ION PRE-WORKOUT is powered by Caffeine, Betaine, L-Tyrosine, and Choline Bitartrate to provide explosive energy, and enhanced focus.\*†

**PERFORMANCE\*\***

PERFORMIX® ION PRE-WORKOUT is powered by Creatine Monohydrate, CarnoSyn® Beta-Alanine, and Citrulline Malate to promote improved performance by generating energy at the cellular level, increased blood flow, and an elevated pump.\*†



**FUEL YOUR WORKOUT WITH THE PERFORMIX® STACK\*\***

PRE-WORKOUT

DURING WORKOUT

POST-WORKOUT

PERFORMIX® ION Pre-Workout gives you the energy and focus to perform. **ISO EAA+BCAA During Workout** provides electrolytes for hydration and kick starts your recovery, and **ioWHEY PROTEIN® Post Workout** supports your recovery and helps to build strength. Combine the power of this pre, during, and post product stack to fuel your workout.\*†

PERFORMIX® is a fitness movement. Whether you are a workout warrior or just getting started, our products, PERFORMIX House, and FitOps Foundation are here to inspire and fuel you, your purpose, and your workouts.

**COMPLEMENT YOUR PERFORMIX® TRAINING REGIMEN WITH THE POWERED APP BY PERFORMIX®**

Visit [performixdriven.com/trainer](http://performixdriven.com/trainer) to download the app and start your free trial.



**WHEN YOU BUY PERFORMIX® YOU SUPPORT THE FITOPS FOUNDATION**

FitOps helps transition veterans from service to careers as elite personal trainers. If you or someone you know may be a candidate for FitOps or you want to get involved in our mission, please visit [FitOps.org](http://FitOps.org).

\* 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.

**PRE-WORKOUT  
ENERGY  
ION  
PERFORMANCE**

- + EXPLOSIVE ENERGY\*\*
- + ENHANCED FOCUS\*\*
- + ELEVATED PUMP\*\*

30  
SERVINGS

**BLUE ICE**  
MADE WITH NATURAL FLAVORS AND COLORS  
NET WT. 10.05 oz (285g) | DIETARY SUPPLEMENT

PERFORMIX®

**SUGGESTED USE:** As a dietary supplement, adults mix 1 serving (1 scoop) with 8 ounces of cold water 20-30 minutes prior to workout. Do not exceed one (1) scoop per day. This product should not be taken in combination with other products containing caffeine or other stimulants. Some individuals may experience a harmless tingling sensation, which is attributed to Beta Alanine in this product. Do not take within six (6) hours of bedtime. Please read entire label before use.

**Supplement Facts**

Serving Size 1 scoop (9.5g)  
Servings Per Container 30

|                            | Amount Per Serving | % Daily Value* |
|----------------------------|--------------------|----------------|
| Total Carbohydrate         | 1 g                | <1%            |
| Choline                    | 40 mg              | 7%             |
| Creatine Monohydrate       | 2 g                | **             |
| CarnoSyn® Beta-Alanine     | 1.6 g              | **             |
| Betaine Anhydrous          | 1.5 g              | **             |
| L-Citrulline DL-Malate 2:1 | 1 g                | **             |
| Caffeine Anhydrous         | 200 mg             | **             |
| L-Tyrosine                 | 200 mg             | **             |
| Choline Bitartrate         | 100 mg             | **             |

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

\*\*Daily Value not established.

**Other Ingredients:** Natural Flavor, Citric Acid, Malic Acid, Sucralose, Silicon Dioxide, Calcium Silicate, Spirulina Extract (for Color), Acesulfame Potassium  
Produced in a facility that also uses milk, eggs, fish, shellfish, peanuts, tree nuts, wheat and soy.

**WARNING: DO NOT USE IF PREGNANT, NURSING, OR PLAN ON BECOMING PREGNANT. THIS PRODUCT IS INTENDED FOR USE BY HEALTHY ADULTS OVER THE AGE OF 18 AND SHOULD BE AVOIDED BY THOSE SENSITIVE TO CAFFEINE OR OTHER INGREDIENTS THAT HAVE KNOWN STIMULANT EFFECTS.** Do not combine with alcohol. Not intended for use by those with a medical condition. Use only as directed. Do not exceed recommended daily intake. Consult a physician or licensed qualified health care professional prior to use if you are taking medication including, but not limited to, MAO inhibitors, antidepressants, aspirin, nonsteroidal anti-inflammatory drugs or products containing phenylephrine, ephedrine, pseudoephedrine, or other stimulants, or if you have a medical condition including, but not limited to heart, liver, kidney, or thyroid disease, psychiatric or epileptic disorders, difficulty urinating, diabetes, high blood pressure, cardiac arrhythmia, recurrent headaches, enlarged prostate or glaucoma. Discontinue 2 weeks prior to surgery or if you experience rapid heartbeat, dizziness, severe headache, or shortness of breath. **DO NOT USE IF SAFETY SEAL UNDER CAP IS BREKEN. KEEP OUT OF REACH OF CHILDREN.**

MADE IN THE USA  
Properly made in the USA with carefully selected ingredients of international and domestic origin.

\* This product is to be used in conjunction with a healthy diet and regular resistance exercise regime.

Natural Alternatives International (NAI) is the owner of patents as listed on [www.carnosyn.com](http://www.carnosyn.com) and registered trademark of CarnoSyn®

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Store in a cool, dry place. Please recycle ♻