PRE-WORKOUT SUPPLEMENTS

WATCH FOR STIMULANTS. READ THE LABEL.

PROHIBITED INGREDIENTS
This product contains 1,3-dimethylamylamine, or DMAA, which is prohibited for use by Military Service Members.

BLENDS
Can you tell how much of each ingredient is in the product? This product contains a “proprietary blend” (also might be called a “matrix” or “complex”).

CAFFEINE
May contain 300 mg or more per serving (or an unknown amount in a proprietary blend). Consider all sources of caffeine (foods, beverages, and dietary supplements). Do not exceed 600 mg caffeine per day to avoid adverse effects such as racing heart, altered heart rhythms, insomnia, increased blood pressure, jitters, GI upset, and chest pain.

STIMULANTS
The product contains multiple stimulants (in red) that together could compromise mission readiness due to negative health effects (see Caffeine above). Insomnia from stimulants can adversely impact performance and sleep.

THIRD-PARTY CERTIFICATION
Look for evidence of third-party certification or verification, such as one of these seals: