

Muscle Marinade™ usage: Take exactly 1 level scoop 20-30 minutes prior to intense exercise. Mix with 12-16 ounces of cold water according to your desired flavor/sweetness level. First time users or users sensitive to stimulants should consume with a small mixed food meal until personal tolerance is assessed. Muscle Marinade™ can be used on nontraining days as well. Take 1 scoop with breakfast or whenever you need to accelerate your mind and muscles throughout the day. For optimal results consume at least one gallon of water per day, and use Muscle Marinade™ in conjunction with a sound exercise and nutrition program.

WARNING: UNDER NO CIRCUMSTANCE SHOULD YOU CONSUME MORE THAN ONE SERVING (1 level scoop) AT ANY ONE TIME. Muscle Marinade™ is not like other pre-workout powders that typically require 2 or 3 servings/scoops in order to be effective. We have specifically engineered each "serving" of Muscle Marinade™ to include the maximum clinically supported efficacious dose of each performance/ recovery stimulating component and to be devoid of useless fillers.

No inactive ingredients. No fillers. No sugar. No carbohydrates.

WHEN WE SAY ONE SERVING, WE MEAN ONE SERVING!

Muscle Marinade™ is intended only for healthy adults between the ages of 18 and 50 years. Do not use if you are currently pregnant or nursing, could be pregnant, or are attempting to become pregnant. All individuals should consult a licensed healthcare practitioner before using this product. Do not use this product if you have been diagnosed with or have a family history of (including, but not limited to): heart disease, thyroid disease, liver disease, diabetes, hypoglycemia, high blood pressure, asthma, any psychiatric condition including depression, seizure disorder, if you are using a monoamine oxidase inhibitor (MAOI), or if you are using any other dietary supplement, prescription drug, or over-the-counter drug, in particular those intended for cold and sinus, weight loss, or energy enhancement (i.e., stimulants). Discontinue use and contact a medical doctor immediately if you experience an irregular or rapid heart beat, chest pain, shortness of breath, dizziness, tremors, headache, nausea, or other similar symptoms.

Phenylketonurics: This product contains phenylalanine.



Distributed by Purus Labs™, 11370 Pagemill Rd., Dallas, TX 75243

Supplement Facts

Serving Size: 20.5g (1 scoop)
Servings Per Container: 27

Ingredient	% Daily Value*
Calories	0 0%
Total Fat	0g 0%
Cholesterol	0mg 0%
Sodium	120mg 5%
Potassium	30mg 1%
Total Carbohydrate	0g 0%
Sugar	0g 0%
Ascorbic acid (vitamin C)	1000mg 1666%
d-alpha tocopherol (vitamin E, natural form)	165mg 660%
Pyridoxine HCL (vitamin B6)	6mg 300%
Folic acid (vitamin B9)	400mcg 100%
Cyanocobalamin (vitamin B12)	30mcg 600%
Phosphorus	24mg 2%
Magnesium (as magnesium succinate)	50mg 13%
Zinc (as zinc methionine)	50mg 333%
Selenium (as selenium citrate)	90mcg 129%
Chloride	180mg 5%
ATP Re-synthesis/ Intracellular Carnosine-Aserine Boosting/ Myofibrillar Power & Endurance Complex	10500mg**
Creatine Monohydrate (6000mg); Betaine Anhydrous (2500mg); Beta Alanine (2000mg)	
Net Protein Accretion Stimulating/ Anti-Catabolic & Insulinogenic/ Controlled Branch Chain-Essential Amino Acid Complex	2984mg**
L-Leucine (1116mg); L-Lysine (930 mg); L-Phenylalanine (930 mg); L-Threonine (882mg); L-Valine (690mg); L-Histidine (654mg); L-Isoleucine (606mg); L-Methionine (186mg)	
Controlled Sympathomimetic Psychoactive Adrenal Stimulant Complex	380mg**
1,3,7-trimethylxanthine; 2-amino-4-methylhexane	
Electrolyte Balancing/ Vasodilatory Supporting/Intramuscular Hydrate-Hydration Complex	410mg**
Sodium (120mg); Chloride (180mg); Potassium Phosphate (60mg); Magnesium Succinate (50mg)	
Cortisol Reducing/ Lipid Peroxidation Inhibiting/ Sarcoplasmic Disruption Blunting/ Antioxidant-Energy-Health Complex	1222mg**
Ascorbic acid (vitamin C) (1000mg); d-alpha tocopherol (vitamin E, natural form) (165mg); Selenium Citrate (90mcg); Zinc Methionine (50mg); Folic acid (vitamin B9) (400mcg); Pyridoxine HCL (vitamin B6) (6mg); Cyanocobalamin (vitamin B12) (30mcg)	
Other ingredients: natural & artificial flavor, citric acid, sucralose, malic acid, FD&C Red #40, FD&C Blue #1	
**Percent Daily Value Not Established	
% Daily Value based on 2,000 calorie diet	

*These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.

HIGH INTENSITY EXERCISE PERFORMANCE
ACUTE EXERCISE RECOVERY

27 TRUE SERVINGS • ZERO FILLERS

27 TRUE SERVINGS • ZERO FILLERS

purusLABS™



muscle marinade™

GRAPEJUICE

PREWORKOUT / INTRAWORKOUT DRINK MIX

27 TRUE SERVINGS • DIETARY SUPPLEMENT • NET WT. 1.22LBS. (553G)

PURUS TRUTH

The pre workout category has long been riddled with ineffective, underdosed products lacking scientific validation. Companies do zero research yet pump tons of marketing dollars into convincing consumers their product is the best available. Typically, they design lengthy and purposely confusing nutrition panels, haphazardly concoct pixie dust proprietary blends masking their cheap formulas, and load half the container with filler attempting to fool consumers into thinking they are getting more.

Consider Muscle Marinade™ the anomaly. It was systematically forged from science and research by real scientists and athletes, boasting an ensemble of performance enhancing and recovery stimulating ingredients supported by peer reviewed and published *human* scientific data. Taking it a step further, Muscle Marinade™ includes the clinically supported effective dosage of each ingredient in every *one scoop* serving. NO OTHER COMPANY'S PRODUCT can match these claims. All facets of exercise performance and recovery are addressed within our formula including increasing high intensity power output and muscular work, boosting mental acuity, enhancing fluid balance and hydration, reducing cortisol and free radical damage, enhancing cellular immunity, and facilitating maximal post exercise protein synthesis.

Marketing does not propel or sustain our products; Efficacy and Results do.

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