

# FAST TWITCH

Fast Twitch is formulated with 200mg of caffeine per serving to help ignite power and performance. 100% daily value for vitamins B6 and B12 per serving. Contains 200mg of caffeine and less than 2g of sugar per serving. Made with no artificial flavors or colors. NSF Certified Sport.



## NUTRITIONAL INFORMATION *(per 1 scoop)*

Calories: 70

Electrolytes: 85mg of sodium and 230mg of potassium

Carbohydrates: 9g

200mg Caffeine

2g Beta-Alanine

3g Betaine

3.5g L-Citrulline

Less than 1g total sugars



## FLAVORS

Fruit Punch, Grape

