

ABE - All Black Everything 315g

Ultimate Pre-Workout

315g | 30 Servings

4g Citrulline | 3.25g Creatine | 2g Beta-Alanine | 100mg Theacrine | Vitamins B3 & B12

ABE delivers a unique blend of the most vital and researched active ingredients known to help increase physical performance*, reduce tiredness & fatigue* and provide continual focus throughout your training, maximizing your bodies potential. However talk is cheap and the proof is in the product, after extensive research, meticulous formulating and precise lab testing we are confident to let ABE do the talking.

KEY BENEFITS

- * Creatine increases physical performance during high intensity exercise
- * Niacin contributes to the reduction of tiredness & fatigue
- Vitamin B12 contributes to normal red blood cell formation
- Open your airways with Breathe Easy™ formula (Candy Ice Blast Flavour)
- Added Vitamins B3 & B12
- Tested for Athletes
- Halal Certified Product

SUGGESTED USE

Mix 1 serving 10.5g (1 level scoop) with 250ml of cold water and consume 15 minutes prior to exercise.

**Scoops are estimate only, weighing scales are recommended.*

NUTRITIONAL INFORMATION

Serving Size: 1 Scoop (10.5 g) - **Servings Per Container:** 30

| | per (100 g) | per serving (10.5 g) | *RI % |
|-----------------------|-----------------|----------------------|-------|
| Energy | 10 Kcal / 41 kJ | 1 Kcal / 4 kJ | |
| Fat | 0 g | 0 g | |
| of which Saturates | 0 g | 0 g | |
| Carbohydrates | 0 g | 0 g | |
| of which Sugars | 0 g | 0 g | |
| Fibre | 0 g | 0 g | |
| Protein | 0 g | 0 g | |
| Salt | 3.038 g | 0.319 mg | |
| Citrulline Malate 2:1 | 38.09 g | 4 g | |
| Creatine Monohydrate | 30.95 g | 3.25 g | |
| Beta-Alanine | 19.04 g | 2 g | |
| Taurine | 1.90 g | 200 mg | |

| | | | |
|-------------|-----------|---------|------|
| Caffeine | 1.90 g | 200 mg | |
| TheaCrine | 952 mg | 100 mg | |
| Vitamin B3 | 762 mg | 80 mg | 500 |
| Vitamin B12 | 952.4 mcg | 100 mcg | 4000 |

* Reference Intake

INGREDIENTS

Bubblegum Crush

Citrulline Malate, Creatine Monohydrate, Beta-Alanine, Sodium Bicarbonate, Citric Acid, Taurine, Caffeine Anhydrous, TheaCrine, Natural Flavour, Natural Colour (Beetroot Red), Sweetener (Sucralose), Vitamin B3 (Nicotinamide), Vitamin B12 (Cyanocobalamin).

Candy Ice Blast

Citrulline Malate, Creatine Monohydrate, Beta-Alanine, Sodium Bicarbonate, Citric Acid, Taurine, Caffeine Anhydrous, TheaCrine, Natural Flavour, Breathe Easy™ (Flavour), Natural Colour (Beetroot Red), Sweetener (Sucralose), Vitamin B3 (Nicotinamide), Vitamin B12 (Cyanocobalamin).

Cherry Cola

Citrulline Malate, Creatine Monohydrate, Beta-Alanine, Sodium Bicarbonate, Citric Acid, Taurine, Caffeine Anhydrous, TheaCrine, Natural Flavour, Natural Colour (Caramel Extract), Sweetener (Sucralose), Vitamin B3 (Nicotinamide), Vitamin B12 (Cyanocobalamin).

Energy

Citrulline Malate, Creatine Monohydrate, Beta-Alanine, Sodium Bicarbonate, Citric Acid, Taurine, Caffeine Anhydrous, TheaCrine, Natural Flavour, Natural Colour (Turmeric Extract), Sweetener (Sucralose), Vitamin B3 (Nicotinamide), Vitamin B12 (Cyanocobalamin).

Fruit Punch

Citrulline Malate, Creatine Monohydrate, Beta-Alanine, Sodium Bicarbonate, Citric Acid, Taurine, Caffeine Anhydrous, TheaCrine, Natural Flavour, Natural Colour (Beetroot Red), Sweetener (Sucralose), Vitamin B3 (Nicotinamide), Vitamin B12 (Cyanocobalamin).

Icy Blue Raz

Citrulline Malate, Creatine Monohydrate, Beta-Alanine, Sodium Bicarbonate, Citric Acid, Taurine, Caffeine Anhydrous, TheaCrine, Natural Flavour, Natural Colour (Spirulina), Sweetener (Sucralose), Vitamin B3 (Nicotinamide), Vitamin B12 (Cyanocobalamin).

Sour Apple

Citrulline Malate, Creatine Monohydrate, Beta-Alanine, Sodium Bicarbonate, Citric Acid, Taurine, Caffeine Anhydrous, TheaCrine, Natural Flavour, Natural Colours (Curcumin, Spirulina), Sweetener (Sucralose), Vitamin B3 (Nicotinamide), Vitamin B12 (Cyanocobalamin).

Sour Gummy Bear

Citrulline Malate, Creatine Monohydrate, Beta-Alanine, Sodium Bicarbonate, Citric Acid, Taurine, Caffeine Anhydrous, TheaCrine, Natural Flavour, Natural Colours (Beetroot Red, Spirulina, Turmeric Extract), Sweetener (Sucralose), Vitamin B3 (Nicotinamide), Vitamin B12 (Cyanocobalamin).

Tropical

Citrulline Malate, Creatine Monohydrate, Beta-Alanine, Sodium Bicarbonate, Citric Acid, Taurine, Caffeine Anhydrous, TheaCrine, Natural Flavour, Natural Colour (Turmeric Extract), Sweetener (Sucralose), Vitamin B3 (Nicotinamide), Vitamin B12 (Cyanocobalamin).

Gin & Tonic

Citrulline Malate, Creatine Monohydrate, Beta-Alanine, Sodium Bicarbonate, Citric Acid, Taurine, Caffeine Anhydrous, TheaCrine, Natural Flavour, Natural Colour, Sweetener (Sucralose), Vitamin B3 (Nicotinamide), Vitamin B12 (Cyanocobalamin).

Strawberry Mojito

Citrulline Malate, Creatine Monohydrate, Beta-Alanine, Sodium Bicarbonate, Citric Acid, Taurine, Caffeine Anhydrous, TheaCrine, Methylliberine (as Dynamine®), Natural Flavour, Natural Colour (Beetroot Red), Sweetener (Sucralose), Vitamin B3 (Nicotinamide), Vitamin B12 (Cyanocobalamin).

Mystery Flavour

Citrulline Malate, Creatine Monohydrate, Beta-Alanine, Sodium Bicarbonate, Citric Acid, Taurine, Caffeine Anhydrous, TheaCrine, Methylliberine (as Dynamine®), Natural Flavour, Natural Colour, Sweetener (Sucralose), Vitamin B3 (Nicotinamide), Vitamin B12 (Cyanocobalamin).

ALLERGENS see ingredients in **Bold**

TESTED FOR ATHLETES - GMP

Every ingredient within this batch undergoes rigorous scrutiny and testing for banned substances prior to production under a monitored programme. Final products then undergo random testing at an ISO 17025 accredited lab to provide the highest level of assurance that they are safer for athletes to use.

CAUTION

Check with a qualified health professional before using this product if you are under the age of 18, pregnant or nursing a baby or if you have any known or suspected medical condition(s) and or are taking any prescription or OTC medication(s). **Contains Caffeine (200mg per serving)**. This product should not be used in combination with caffeine or stimulants from other sources. Not to be used as a substitute for a varied diet and healthy lifestyle. Store this product in a cool dry place, away from children. Do not exceed suggested use.