



# THE CLASH

## PRE PERFORMANCE WORKOUT



- Supplement pre and during the practice of sports activity. Its complete formula acts in post workout as well
- Ribose, fructose and maltodextrin + medium chain triglycerides (MCT) as a power source
- Amino acids: bcaa's, l-carnitine, taurine, arginine, creatine and threonine
- Contains anhydrous caffeine
- Blend of vitamins
- Vegan Friendly and Gluten Free
- Flavors: tropical fruits, guarana, raspberry, watermelon, coffee twist and caramel macchiato
- Stevia
- Packaging 500g

**THE CLASH** is a supplement to be consumed as a pre-workout and also during, as it contains in its formula Carbohydrates and Medium Chain Triglycerides (MCT) as an energy source. The product has Creatine Monohydrate and Caffeine Anhydrous which helps in increasing the resistance capacity and in the performance of resisted physical exercises.

**THE CLASH** with its complex formula with Carbohydrates, Vitamins and Amino Acids, continues to act on metabolism even after training.

**THE CLASH** is easily diluted with water, has several flavors and is sweetened with Stevia, which is a natural sweetener.

**Ingredients (Tropical Fruit Flavor):** Fructose, Maltodextrin, Medium Chain Triglycerides, Ribose, Taurine, Creatine Monohydrate, Leucine, Valine, Isoleucine, Arginine, L-Carnitine, Guarana Powder, Ascorbic Acid, Choline Bitrate, Threonine, Cafe , Niacinamide, Calcium D-Pantothenate, Riboflavin, Pyridoxine Hydrochloride, Thiamine Nitrate, Folic Acid, Biotin, Cyanocobalamin, Citric Acid Acidulante, Artificial Tropical Fruit Aroma, Silica Antiumectant and Natural Sweetener Glycosides Steviolicos Glycosides. **GLUTEN-FREE.**

**Ingredients (Guarana Flavor):** Fructose, Maltodextrin, Medium Chain Triglycerides, Ribose, Taurine, Creatine Monohydrate, Leucine, Valine, Isoleucine, Arginine, L-Carnitine, Guarana Powder, Ascorbic Acid, Choline Bitartrate, Treidine, Caffeine, Anhydrous, Caffeine Niacinamide, Calcium D-Pantothenate, Riboflavin, Pyridoxine Hydrochloride, Thiamine Nitrate, Folic Acid, Biotin, Cyanocobalamin, Citric Acid Acidulant, Aroma Identical to Guarana Natural, Anticaectant Silica and Natural Glycoside Sweetener. **GLUTEN-FREE.**

**Ingredients (Watermelon Flavor):** fructose, maltodextrin, medium chain triglycerides, ribose, taurine, creatine monohydrate, leucine, valine, isoleucine, arginine, l-carnitine, guarana powder, ascorbic acid, hill birth, treonin, caffeine anhydrous, Niacinamide, d-pantothenate calcium, riboflavin, pyridoxine hydrochloride, thiamine nitrate, folic acid, biotin, cyanocobalamine, acidic acidic acid, aroma identical to watermelon, antipetting silica and natural sweetenchorant steviol glycosides. **GLUTEN-FREE .**

**Ingredients (Raspberry Flavor):** Fructose, Maltodextrin, Medium Chain Triglycerides, Ribose, Taurine, Creatine Monohydrate, Leucine, Valine, Isoleucine, Arginine, L-Carnitine, Guarana Powder, Ascorbic Acid, Choline Bitartrate, Threonine, Caffeine, Anhydrous, Caffeine Niacinamide, Calcium D-Pantothenate, Riboflavin, Pyridoxine Hydrochloride, Thiamine Nitrate, Folic Acid, Biotin, Cyanocobalamin, Citric Acidic Acid, Aroma Identical to Natural Raspberry, Anticaectant Silica and Natural Glycoside Sweetener. **GLUTEN-FREE.**



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**Ingredients (Caramel Macchiato Flavor):** Fructose, Maltodextrin, Medium Chain Triglycerides, Ribose, Soluble Coffee, Taurine, Creatine Monohydrate, Leucine, Valine, Isoleucine, Arginine, L-Carnitine, Guarana Powder, Ascorbic Acid, Choloronate Bitartrate, Anhydrous Caffeine, Niacinamide, Calcium D-Pantothenate, Riboflavin, Pyridoxine Hydrochloride, Thiamine Nitrate, Folic Acid, Biotin, Cyanocobalamin, Natural Caramel Aroma, Citric Acid Acidulant, Silica Antiumectant and Natural Glycolic Solvent. **GLUTEN-FREE.**

**Ingredients (Coffee Twist Flavor):** Fructose, Maltodextrin, Medium Chain Triglycerides, Ribose, Soluble Coffee, Taurine, Creatine Monohydrate, Leucine, Valine, Isoleucine, Arginine, L-Carnitine, Guarana Powder, Ascorbic Acid, Choline Hill, Treon, Anhydrous Caffeine, Niacinamide, Calcium D-Pantothenate, Riboflavin, Pyridoxine Hydrochloride, Thiamine Nitrate, Folic Acid, Biotin, Cyanocobalamin, Natural Lemon Flavor, Citric Acid Acidulant, Silica Antideectant and Natural Glycolic Sweetener. **GLUTEN-FREE.**

**Usage Recommendation:** Mix 4 measures of **THE CLASH** measuring cup in 400ml of cold water and consume 30 minutes before physical activity or according to the recommendation of a nutritionist and / or nutrologist doctor.

### Nutritional Information - Portion 25g - Contains 20 portions per package.

Amount per serving		%DV*
Energetic value	75 kcal/315KJ	4%
Carbohydrates	9,4 g	3%
Sugars	6,3g	**
Total fat	1,4 g	2%
Saturated fat	1,4 g	6%
Sodium	15 mg	<1%

Amount per serving		%VD*	Quant. por porção	%DV*	
Thiamine	0,36 mg	30%	Riboflavin	0,39 mg	30%
Vitamin B6	0,52 mg	40%	B12 vitamin	0,72 mcg	30%
Folic acid	72 mcg	30%	Pantothenic acid	1,5 mg	30%
Biotin	9,0 mcg	30%	Niacin	4,8 mg	30%
Choline	216 mg	39%	Vitamin C	250 mg	556%
Leucine	500 mg	**	Valina	1100 mg	**
Isoleucine	500 mg	**	Carnitine	300 mg	**
Threonine	200 mg	**	Taurine	1500 mg	**
Creatine	1500 mg	**	Arginine	400 mg	**
Caffeine	200 mg	**			

It does not contain a significant amount of protein, trans fats and dietary fiber.

% Daily Values based on a 2000 kcal or 8400 kj diet. Your daily values may be higher or lower depending on your energy needs. \*\* DV not established.