

**Suggested use:** Under 130lbs: Take 1 scoop daily 5 - 15 minutes prior to training. Over 130lbs: Take 2 scoops daily 5 - 15 minutes prior to training.  
**Directions:** Mix 1 - 2 scoops in 12 - 16oz of water.

# Supplement Facts

Per 1 level scoop (8.5g) / Scoops per container: 48

	ONE SCOOP	%Daily Value	TWO SCOOPS	% Daily Value
<b>Calories</b>	2.0		4.0	
<b>Total Carbohydrate</b>	0.0g	0.0%	0.0g	0.0%
<b>Calcium</b>	272.2mg	25.0%	544.4mg	50.0%
<b>Sodium</b>	190.0mg	8.0%	380.0mg	16.0%
<b>Potassium</b>	15.0mg	1.0%	30.0mg	2.0%
<b>Instabolic pHuel™</b>	7250mg	†	14500mg	†
Instantized L-Leucine Instantized CarnoSyn® Beta Alanine Instantized L-Citrulline Malate Instantized Glycine Instantized Calcium Bicarbonate Instantized Sodium Bicarbonate				
<b>Opus Hydrating Energy Blitz™</b>				
Citric Acid	50mg	†	100mg	†
Alpha Ketoglutarate	50mg	†	100mg	†
Malic Acid	50mg	†	100mg	†
Fumaric Acid	50mg	†	100mg	†
Succinic Acid	50mg	†	100mg	†
Sodium Phosphate	19.38mg	†	38.76mg	†
Potassium Phosphate	13.47mg	†	26.94mg	†
Pyridoxine (Vit B6)	5mg	250%	10mg	500%
Dicalcium Phosphate	3mg	†	6mg	†
Pantothenic Acid (Vit B5)	2.5mg	42%	5mg	84%
Magnesium Phosphate	1mg	†	2mg	†
Thiamine (Vit B1)	0.7mg	47%	1.4mg	94%
Riboflavin (Vit B2)	0.25mg	15%	0.5mg	30%
Cyanocobalamin (Vit B12)	0.5mg	83%	1mg	166%

\* Percent Daily Values are based on a 2,000 calorie diet.

† Daily Value not established

**Product also contains:**

Natural Blueberry Flavor, Natural Raspberry Flavor, Silicon Dioxide, Calcium Silicate, Sucralose, Citric Acid, Yellow color (FD&C Yellow No. 5).

**MADE IN CANADA**

**MAGNUM**  
NUTRACEUTICALS INC.

MANUFACTURED FOR AND DISTRIBUTED BY :

MAGNUM NUTRACEUTICALS INC.  
WHITE ROCK, BC, CANADA

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Figure 1. Supplement Label of Magnum *OPUS*