

RIPSTIX™

IGNITE PRE-WORKOUT™

To get the most out of exercise, your body needs to prepare itself through both physiological and metabolic activities. For example, the physiological practice of warming up before workouts allows for increased blood flow to the muscles and less risk for injury.

Metabolic reactions allow the body to more effectively respond to and maximize exercise performance and results; for instance, an increase in adrenaline during physical activity allows the body to better utilize its glycogen reserves, which in turn fuels muscles and provides greater strength and endurance.

Understanding the need to get the most out of each exercise experience—whether running, biking, swimming, lifting, or however you choose to get out and move—Zija has formulated Ripstix Ignite. This powerful pre-workout supplement drink mix helps initiate blood flow, heighten thermogenic response, and increase metabolic performance.

By combining various beneficial ingredients that promote both physiological and metabolic optimization, Ripstix Ignite helps you get more out of each mile, climb, set, and movement. Its bright color comes naturally from elderberries. Use Ripstix Ignite before workouts to maintain an active lifestyle and experience next level results!



SUPPLEMENT FACTS

30 SERVINGS PER CONTAINER

Serving Size 1 Packet (7g)

Amount Per 1 Packet
CALORIES 24

% DV *

0 %	Total Fat 0g
0 %	Saturated Fat 0g
0 %	Trans Fat 0g
0 %	Cholesterol 0mg
0 %	Sodium 9mg
1 %	Total Carbs 2g
0 %	Dietary Fiber 0g
-	Sugars 0g
8 %	Protein 4g

*Percent Daily Value is based on a 2,000 calorie diet

INGREDIENTS: Natural Flavor, *beta*-Alanine, L-Arginine, Citric Acid, L-Carnitine, Potassium Bicarbonate, Stevia, Natural Caffeine, 2-Amino-4-Methylpentane Citrate, Creatine, Elderberry, Niacin (Vitamin B3), Rhodiola rosea, Methylcobalamin (Vitamin B12).

DIRECTIONS:

Mix 1 packet of Ripstix Ignite with 8-18 oz of cold water, shake well, and drink 10 minutes before exercise.

WARNING: Do not consume more than 2 packets per day. Not intended for use by persons 17 years or younger without the supervision of a health professional and parent/guardian. Not for use by persons who are pregnant or nursing, caffeine-sensitive, suffer from heart disease, high blood pressure, difficulty urinating, psychiatric condition, depression, recurrent headaches, a medical condition or are taking MAO inhibitor or ADHD drugs. Do not consume with alcohol, cold medicine/drugs containing Pseudoephedrine, Ephedrine, PPA or caffeine-containing products. Consumption contrary to warning may cause adverse health effects. If unpleasant effects occur, discontinue use.

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