

# COWBELL®

## 5,000 mg BCAAs



Helps increase muscle growth and prevent muscle breakdown while decreasing muscle soreness and reducing workout fatigue\*

## 1,000 mg BetaTOR™ HMB



Clinical studies show that BetaTOR™ HMB increases strength and power, improves body composition, and aids in recovery from intense training\*

## Vitamins+Minerals



Vitamin B-Complex. Vitamin D3. Magnesium and Zinc. Assists with energy levels, brain and respiratory function. Helps support bone health, regulate nerve and muscle function\*

## Omega-3 DHA



Omega-3 fatty acids have been tied to numerous benefits for heart health. Helps reduce inflammation and supports muscle recovery post-workout\*

## Turmeric+Glucosamine



Helps support joint health and may reduce post-workout inflammation. May protect joint tissue by preventing breakdown of cartilage, particularly in athletes\*

## 50 mg Natural Caffeine



High in antioxidants, green tea extract provides natural energy for the body. When consumed in low to moderate dosages, caffeine may be effective in enhancing performance for trained athletes\*

## EVERYTHING YOU NEED IN ONE SIMPLE CAN

- LOW CALORIE
- NOTHING ARTIFICIAL
- NO PROPRIETARY FORMULAS



**BetaTOR™**

[www.drinkcowbell.com](http://www.drinkcowbell.com)

### Supplement Facts

Serving Size: 1 Can (355 ml)

	Amount per serving	% Daily Value
Calories	50	
Total Carbohydrate	21 g	8%*
Total Sugars	8 g	**
Includes 8 Grams Added Sugars		16%*
Sugar Alcohol	11 g	**
Vitamin D	50 mcg	250%
Riboflavin	2 mg	154%
Niacin (as Niacinamide)	15 mg	94%
Vitamin B <sub>6</sub> (pyridoxine hydrochloride)	2 mg	118%
Vitamin B <sub>12</sub> (as Cyanocobalamin)	10 mcg	417%
Biotin	30 mcg	100%
Pantothenic Acid (as calcium pantothenate)	5 mg	100%
Magnesium (as magnesium citrate)	175 mg	42%
Zinc (as zinc lactate gluconate)	5 mg	45%
Leucine	2500 mg	**
Isoleucine	1250 mg	**
Valine	1250 mg	**
BetaTOR® HMB Free Acid (as beta-hydroxybeta-methylbutyric acid)	1000 mg	**
Glucosamine (as glucosamine hcl)	250 mg	**
Omega 3 Fatty Acid (as flax seed oil powder)	100 mg	**
Green Tea Extract (leaf)	50 mg	**
Turmeric Powder Extract (root)	25 mg	**

\*Percent Daily Values based on a 2,000 calorie diet.  
\*\*Daily Value not established.

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

Keep out of reach of children. Not recommended for children under 12 or women who are breastfeeding or pregnant. Always consult your physician before starting any supplement regimen.

Other Ingredients: Carbonated Water, Erythritol, Sugar, Natural Flavors, Citric Acid, Monk Fruit Extract, Stevia Extract (Rebaudioside A).  
Nutritional uses of HMB and Vitamin D are licensed to Cowbell under U.S. Patent #8,815,280, #9,259,430, #9,539,224, #9,707,241, #9,770,424 & #10,201,551.