

**Initial (first serving) Directions:** To assess your individual tolerance to the energy complex, combine 1 serving of White Rapids™ with 10 oz. of cold water and consume it 30 minutes before your workout. Shake well before drinking. If you experience any unusual occurrence, stop and consult your doctor.

**Directions for Regular Usage:** Combine 2 servings of White Rapids™ with 20 oz. of cold water (use less water if you prefer a strong sweet/tart flavor) and consume it 30 minutes pre-workout. For best results, White Rapids™ should be used in conjunction with other Controlled Labs™ products, with at least a gallon of water per day, and a high protein/moderate carbohydrate diet. For more details on optimizing your results, please see [www.ControlledLabs.com](http://www.ControlledLabs.com).

**Warnings:** Do not exceed 2 servings per day. Before ingesting this product you should consult your doctor if you are not aware of your current health status or if you have any medical condition including, but not limited to: diabetes, high or low blood pressure, cardiac arrhythmias, stroke; diseases of the heart, kidneys, liver or thyroid gland; anxiety, history of seizures, depression, any psychiatric ailment, pernicious anemia or other blood disorders, prostate enlargement. This product is intended for adults 18-50 years of age only. **WARNING:** This product contains chemicals known to the State of California to cause cancer, or birth defects or other reproductive harm. Do not take this product if you are pregnant or nursing. Do not consume with less than the recommended amount of water or if you are prone to dehydration or are subjected to extremely hot temperatures. Do not take this product with ANY other stimulants or other sources of caffeine. Do not take this product with ANY drugs.

**Keep out of the reach of children and pets.** Do not purchase if safety seal is broken.

† These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.



MADE IN A USA GMP FACILITY



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CONTROLLED  
LABS

DIETARY SUPPLEMENT | Net Wt. (2.75oz.) 78g

White Flood™ Replacement

WHITE  
RAPIDS™

PreWorkout  
Nitric Oxide and  
Energy Enhancer  
Tropical Pineapple



10  
SERVINGS

## Supplement Facts

Serving Size: ~1 Scoop (7.8 grams) (14.7cc scoop)  
Servings Per Container: 10

|  | Amount Per Serving | %DV |
|--|--------------------|-----|
| L-Citrulline Malate  | 3 g                | **  |
| Betaine Anhydrous  | 1.25 g             | **  |
| Glycerol Powder (65%)(as Hydromax®)                        | 1000 mg            | **  |
| Agmatine Sulfate   | 500 mg             | **  |
| Dicaffeine Malate  | 75 mg              | **  |
| Caffeine Anhydrous   | 75 mg              | **  |
| Alpha-GPC (50%)(as AlphaSize®)                             | 50 mg              | **  |
| Evodiamine (as Evothin™)                                   | 5 mg               | **  |
| Toothed Clubmoss<br>(Huperzia serrata) Aerial Part Extract | 50 mcg             | **  |

\*\* Daily Value not established.

**Other Ingredients:** Silicon Dioxide, Pineapple Fruit Powder, Natural and Artificial Flavors, Acesulfame Potassium, Sucralose.

Contains: Soy



Alpha-*glycerol* Pregelatinized Oligo



glycerol powder 65%

AlphaSize® is a registered trademark of Chemi Nutra.

HydroMax® is a registered trademark of Gambia plc.

Evothin™ is a licensed registered trademark material of Creative Compounds.

**Allergen Warning:** Manufactured on equipment which processes products containing milk, egg, wheat, soybeans, shellfish, fish oil, tree nuts, and peanuts.

Distributed by:  
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[www.ControlledLabs.com](http://www.ControlledLabs.com)

To report a serious adverse event or obtain product information regarding this dietary supplement, please call (201) 735-7144.