



# Q SPORT

## ACCELERATED ENERGY AND PERFORMANCE



**Breathe fire into athletic performance and sharpen your mind with a boost of physical and mental energy.\***



**Nature:** A well-balanced fusion of natural caffeine, chia seed oil, amino acids, and supportive nutrients.\*

**Science:** Features the Q SPORT Brain Fuel Blend with DMAE, L-Tyrosine and Choline Bitartrate for function and health.\*



### FEATURES

- Chia Seed Oil for natural energy, essential omega fatty acids, and antioxidants\*
- Powerful pre-workout\*
- 200mg of natural caffeine from Yerba Mate & Guarana per serving\*
- Natural energy with no crash\*

### BENEFITS

- Boosts physical and mental energy\*
- Increases nitric oxide for enhanced blood flow\*
- Reduces muscle soreness after a workout\*
- Improves mood and enhances cognitive function\*

# SPORT



### Suggested Use:

Mix one packet with 16 ounces of cold water.

### GRAPE KEY LIME

## SUPPLEMENT FACTS

Serving Size: 1 stick pack (4 grams)  
Servings Per Container: 30

Amount Per Serving	% Daily Value*	
Calories 14	Calories from fat 2	
Total Fat	<1 g	<1%
Saturated Fat	<1 g	0%
Trans Fat	<1 g	0%
Cholesterol	0 mg	0%
Sodium	33 mg	1%
Total Carbohydrate	2 g	<1%
Sugars	0 g	**
Fiber	0 g	0%
Protein	1 g	2%

**Q SPORT Brain Fuel Blend** 2,100 mg \*\*  
Chia seed oil powder, Acetyl L-carnitine, Inositol, Choline bitartrate, L-Tyrosine, Malic acid, DMAE (Deanol L-bitartrate), L-theanine, Himalayan salt, D-ribose, Bacopa monnieri 50%

**Q SPORT Energy and Focus Blend** 1,100 mg\*\*  
L-Citrulline, Agmatine Sulfate, Caffeine, Yerba Mate Extract, Guarana 22%, Thiamine HCL  
Vitamin B1 (as thiamine HCL) 5 mg 333%  
Niacin (as niacinamide) 25 mg 125%  
Vitamin B6 (as pyridoxine HCL) 5 mg 250%  
Zinc (as zinc L-aspartate) 5 mg 33%

\*% Daily Value (DV) based on a 2,000 calorie diet.  
\*\*Daily Value (DV) not established.

**Other Ingredients:** Citric Acid, Natural Flavors, Spirulina Powder, Beet Root Powder (Natural Color), Sucralose, Stevia Extract, Monk Fruit.

**Caution:** Keep out of reach of children. Not intended for use under the age of 18

Manufactured exclusively for Q Sciences  
365 Garden Grove Lane, Suite 200 Pleasant Grove, UT 84062

\* 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. Individual results may vary.

Additional product information on page 2



Join the MyQFIT community and find a life changing fitness program for you!  
[myqfit.com](http://myqfit.com)



## DRAGON BERRY

# SUPPLEMENT FACTS

Serving Size: 1 Packet (5.3 grams)

Servings Per Container: 30

Amount Per Serving	% Daily Value*	
Calories 15	Calories from fat 0	
Total Fat	<1 g	<1%
Saturated Fat	<1 g	0%
Trans Fat	<1 g	0%
Cholesterol	0 mg	0%
Sodium	33 mg	1%
Total Carbohydrate	2 g	<1%
Sugars	0 g	**
Fiber	0 g	0%
Protein	1 g	2%

**Q SPORT Brain Fuel Blend** 2100 mg \*\*

Chia Seed Oil Powder, Acetyl L-carnitine, Inositol, Choline Bitartrate, L-tyrosine, Malic Acid, DMAE (Deanol L-bitartrate), L-theanine, Himalayan Salt, D-Ribose, Bacopa Monnieri 50%

**Q SPORT Energy and Focus Blend** 1100 mg \*\*

L-Citrulline, Agmatine Sulfate, Caffeine, Yerba Mate Extract, Guarana 22%, Thiamine HCL

Vitamin B1 (as Thiamine HCL) 5 mg 333%

Niacin (as Niacinamide) 25 mg 125%

Vitamin B6 (as Pyridoxine HCL) 5 mg 250%

Zinc (as Zinc L-aspartate) 5 mg 33%

\*% Daily Value (DV) based on a 2,000 calorie diet.

\*\*Daily Value (DV) not established.

**Other Ingredients:** Citric Acid, DL-Malic Acid, Natural Flavor, Beet Root Powder (Natural Color), Sucralose, Stevia Extract, Monk Fruit.

## TIGER PUNCH

# SUPPLEMENT FACTS

30 Servings Per Container

**Serving Size**

**1 Stick Pack (4.8 g)**

**Amount Per Serving**

**10**

**Calories**

% Daily Value\*

**Total Fat** <1 g <1%

**Sodium** 30 mg 1%

**Total Carbohydrate** 2 g <1%

  Dietary Fiber 0 g 0%

  Total sugars <1 g

  Includes <1 g Added Sugars <1 g

**Protein** 0 g 0%

Vitamin B1 (as thiamine HCL) 5 mg 417%

Vitamin B3 (as niacinamide) 25 mg 156%

Vitamin B6 (as pyridoxine HCL) 5 mg 294%

Zinc (as zinc L-aspartate) 5 mg 45%

Q SPORT Brain Fuel Blend 2,100 mg †

Acetyl L-Carnitine, Choline DL-Bitartrate, L-Tyrosine, Inositol, DL-Malic Acid, DMAE (Deanol L-Bitartrate), Chia Seed Oil Powder, D-Ribose, Himalayan Salt, L-Theanine, Bacopa Monnieri Extract

Q SPORT Energy and Focus Blend 1,100 mg †

L-Citrulline, Agmatine Sulfate, Caffeine, Yerba Mate Extract, Guarana Extract, Niacinamide, Zinc L-Aspartate, Thiamine HCL, Pyridoxine HCL

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

† Daily Value not established

**Other Ingredients:** Citric Acid, Natural Flavor, Beet Juice Powder, Sucralose, Stevia, Luo Han Guo (Monk Fruit) Extract.