

**HOT BLOOD 3.0**

Food supplement powder with creatines, carnitines, amino acids, vitamins, magnesium, citrulline malate, AAKG, caffeine, beta alanine, sugar and sweeteners.

When you train or are engaged in physical activity and you reach a certain intensity, your body and blood "heat up" so you can work more efficiently. Our HOT BLOOD complex pre-workout formula is carefully designed to support your body in physical activity, especially during high-intensity training! Our 5 component, multi-creatine matrix is 4500 milligrams and provides - among others - the most studied Creatine form ever! Creatine in this dose is scientifically proven to increase performance in successive bursts of short-term, high intensity exercise like weight training and interval cardio!\* Many of our select ingredients contribute to one or more of the following beneficial physiological effects\*: Normal muscle function. / Normal functioning of the nervous system: neurotransmission and muscle contraction including heart muscle. / Reduction of tiredness and fatigue. / Normal energy-yielding metabolism. / Normal amino acid/protein synthesis. / Normal psychological function. / Electrolyte balance.

\*These statements have been scientifically proven by the European Food Safety Authority (EFSA) and authorized by the European Commission (EC).

**Warnings:** This product contains an absorption modifier that could affect your medications — consult your physician before use! Contains 300 mg of caffeine per serving. Not recommended for children or pregnant women. Individuals sensitive to stimulants should first assess tolerance by taking half servings! Beta Alanine may cause a harmless, temporary tingling sensation on the skin for some individuals. Use this product in conjunction with food as part of a healthy, balanced diet, not as a substitute for such. **KEEP OUT OF REACH OF CHILDREN! DON'T EXCEED THE DAILY RECOMMENDED DOSAGE!**

**Allergen info:** Manufactured in a facility that processes milk, egg, gluten, soy, peanuts, nuts, fish and crustacean ingredients.

**Storage conditions:** Store in a cool, dry place. Heat and sunlight may damage the bottle!

**Best before end:** see on packaging. (MM/YYYY) **Batch number:** see on packaging.

NET WT:  
**820 G**



Formulated by and manufactured for SCITEC NUTRITION

P.O. Box 431975, Miami, FL 33243, USA

Distributed by Scitec Kft., 1134 Budapest, Váci út 49., Hungary

Made in EU.

WWW.SCITECNUTRITION.COM

**SCITEC NUTRITION®**

**COMPLEX PRE-WORKOUT STIMULANT**

**HOT BLOOD**



**5 CREATINES • L-CARNITINES • AMINO ACIDS • VITAMINS • MAGNESIUM**

**CITRULLINE MALATE AND AAKG • CAFFEINE AND BETA-ALANINE • WITH BIOPERINE®**

**NET WT: 820 G – GUARANA FLAVOR**

**FOOD SUPPLEMENT**

**Nutrition Information**

Serving Size: 20 g (1/2 scoops)

Servings Per Container: 41

Amount Per Serving	NRV%*		NRV%*
<b>Vitamin B3 (Niacin)</b> 35 mg NE	<b>219%</b>	<b>Magnesium</b> 56 mg	<b>15%</b>
<b>Biotin</b> 7.5 mcg	<b>15%</b>	<b>Caffeine (Total Amount)</b> 300 mg	
<b>Folic Acid</b> 30 mcg	<b>15%</b>		*NRV%: nutrient reference values

**HOT BLOOD proprietary matrix**

<b>Multi-Creatine Matrix</b> 4500 mg	<b>"Hot Blood" Multi-Complex</b> 7138 mg
of which Creatine 3929 mg	Glucose Polymer (4600 mg), L-Arginine Alpha-Ketoglutarate (1200 mg), Beta-Alanine (500 mg), Caffeine (283 mg), Acetyl-L-Carnitine HCl (250 mg), L-Citrulline DL-Malate (200 mg), L-Carnitine L-Tartrate (50 mg), Sodium Hydrogen Carbonate (50 mg), Bioperine® (>95% Piperine) (5 mg)
Creatine Monohydrate, Kre-Alkalyn® (buffered Creatine Monohydrate), Creatine Pyruvate, Creatine Citrate, MicronTec Micronized Creatine Monohydrate	
<b>Anti-Oxidant Complex</b> 230 mg	<b>Amino Acid Matrix</b> 4250 mg
Green Tea extract (>50% Polyphenols) (200 mg), Grape Seed extract (95% Proanthocyanidin) (20 mg), Alpha Lipoic Acid (10 mg)	L-Arginine HCl (3000 mg), L-Tyrosine (1000 mg), Taurine (200 mg), L-Ornithine HCl (50 mg)

**Directions:** Mix 1 serving (20 g) with 400 ml of cold water daily. Slightly carbonated, open bottle lid when mixing every 5 seconds to avoid accidental pressure build-up! Use 30-45 minutes before training, preferably on an empty stomach. Individuals sensitive to stimulants should first assess tolerance by taking half servings (contains 300 mg of Caffeine per serving)!

**Ingredients:** Maltodextrin, Creatine Monohydrate, L-Arginine HCl, Dextrose, L-Arginine Alpha-Ketoglutarate 2:1, L-Tyrosine, Beta-Alanine, Acidity Regulator (Citric Acid Anhydrous), Flavor (Guarana), Caffeine Anhydrous, Acetyl-L-Carnitine HCl, Anti-Caking Agents (Tricalcium Phosphate, Colloidal Silicon Dioxide), Magnesium Carbonate, Camellia sinensis (Leaf) 8:1 extract, L-Citrulline DL-Malate 1:1, Taurine, Sweeteners (Acesulfame K, Sucralose), Colors (Carmoisine\*\*, Ponceau 4R\*\*), Creatine Citrate, Creatine Pyruvate, Kre-Alkalyn® (buffered Creatine Monohydrate), L-Carnitine L-Tartrate, L-Ornithine HCl, MicronTec Micronized Creatine Monohydrate, Sodium Hydrogen Carbonate, Nicotinamide, Vitis vinifera (Seed) 20:1 extract, Alpha Lipoic Acid, Piper (Fruit) 50:1 extract, D-Biotin, Pteroylmonoglutamic Acid. \*\* May have an adverse effect on activity and attention in children.