

interACTIVE  
NUTRITION

# N.O.K.O.™

## FOR KNOCK-OUT PERFORMANCE

**Pre-workout supplementation is the best way to maximize the quality of your workouts and to produce results. N.O.K.O.™ is the ideal pre-workout supplement for this purpose.**

**N.O.K.O.™**

is available in Fruit Punch  
and Tangerine 800g

#### Direction of use Training Days:

Mix 1-2 scoops (20-40g) of N.O.K.O.™ with 8-16oz of cold water and consume 30-45 minutes before training, on an empty stomach.

#### Direction of use on Non-Training Days:

Mix 1 scoop (20g) of N.O.K.O.™ with 8 oz of cold water and consume on an empty stomach.

#### \* Nutrition Info

Serving Size 1 scoop (20g)	
<b>Amount Per Serving</b>	<b>% Daily Value</b>
<b>Calories</b> 30	
<b>Total Fat</b> 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 150mg	6%
<b>Potassium</b> 100mg	3%
<b>Carbohydrate</b> 7g	3%
Dietary Fibre 0g	0%
Sugars 1g	
<b>Protein</b> 0g	

\*Ingredients and nutrition facts may vary per flavour.

**\*Ingredients:** N.O.K.O.™ PROPRIETARY BLEND (13g): (Creatine Monohydrate, Creatine Ethyl Ester, Trimethylglycine (Betaine HCL), Glycocamine, Arginine AKG, L-Citrulline Malate, Caffeine Anhydrous, L-Tyrosine, L-Taurine, Vinpocetine, Glucuronolactone, Dicalcium Phosphate, Disodium Phosphate, Dipotassium Phosphate, Sodium Bicarbonate, Glycerol Monosterate), Maltodextrin, Modified Potato Starch, Natural and Artificial Flavours, Sucralose (50mg), Colour.

**Caution:** Do not use if you have had a myocardial infarction (heart attack). Not intended for pregnant or breastfeeding women. People with health conditions should consult a health care practitioner before consuming this product.

#### N.O.K.O.™ HIGHLIGHTS

- Scientifically Proven Ingredients That Work Instantly
- Induces Massive Pumps
- Skyrockets Muscle Growth
- Increases Energy And Strength
- Speeds Exercise Recovery
- Tastes Great!

N.O.K.O.™ by InterACTIVE Nutrition is an advanced, Performance-Series, pre-workout drink mix that produces dramatic results that you see and feel instantly with the very first dose!

N.O.K.O.™ contains scientifically proven ingredients that instantly increase energy, enhance focus, induce muscle pumps and boost strength. By simultaneously priming your CNS and SMS, N.O.K.O.™ harnesses the power of these two systems and primes you for outstanding performance and extraordinary physique results.

#### THE POWER BEHIND N.O.K.O.™

N.O.K.O.™ contains a proprietary ingredient blend that delivers a powerful muscle-building 1-2 N.O. Knock-out punch!

#### MASSIVE PUMPS

##### 3g Arginine AKG ...

Arginine AlphaKetoGlutarate (AAKG) boosts nitric oxide via Nitric Oxide Synthase (NOS). AAKG is time-released, pH controlled and stomach friendly. AAKG produces extended nitric oxide elevations, vasodilation, muscle pumps,

#### SCIENTIFIC REFERENCES

1. Anthony R, West, Matthew P, Galloway, Anthony A, Grace. Regulation of Striatal Dopamine Neurotransmission by Nitric Oxide: Effector Pathways and Signaling Mechanisms. Synapse 44:227-245 (2002).
2. Reyes AA; Karl IE; Klahr S Role of arginine in health and in renal disease [editorial] American Journal of Physiology, 1994 Sep, 267:3 Pt 2, F331-46.
3. Volek JS, Duncan ND, Mazzetti SA, Staron RS, Putukian M, Gomer AL, Pearson DR, Fink WJ and Kraemer WJ (1999) Performance and muscle fiber adaptations to creatine supplementation and heavy resistance training. Med Sci Sports Exerc 31:1147-1156.
4. Stead, L.W., J.T. Brosnan, M.E. Brosnan, D.E. Vance, and R.L. Jacobs. 2006. Is it time to reevaluate methyl balance in humans? Am J Clin Nutr 83:5-10.
5. Miyazaki M. The effect of a cerebral vasodilator, vinpocetine, on cerebral vascular resistance evaluated by the Doppler ultrasonic technique in patients with cerebrovascular diseases. Angiology 1995;46:53-8.

increased energy and focus<sup>1</sup> and muscle growth.<sup>2</sup>

#### MUSCLE GROWTH

##### 5g Multi-Creatine Fusion Blend ...

N.O.K.O.™ takes creatine effectiveness to new heights by packing creatine monohydrate (CM), creatine ethyl ester (CEE) and glycocamine into every dose.

Creatine Monohydrate is a time-tested muscle builder<sup>3</sup> that increases strength and improves exercise endurance, working capacity and overall exercise performance.

Creatine Ethyl Ester (CEE) is creatine monohydrate with an ester attached to the c-terminal of the creatine molecule. This increases lipophilicity, decreases hydrophilicity and increases intestinal absorption and blood stream entry. Because CEE is less hydrophilic than CM, but still hydrophilic enough to increase intramuscular hydration, CEE volumizes muscle cells and promotes anabolism without the "creatine bloat" risk. Because of its superior intestinal absorption, CEE produces dramatic effects with the first dose. Finally, Glycocamine is a creatine pre-cursor that is rapidly converted into creatine post-administration.

The Multi-Creatine Fusion Blend sustains exercise by increasing phosphocreatine stores and ATP generation.

Trimethylglycine (Betaine HCL) is also added to the mixture and

functions as a methyl donor to further enhance creatine absorption.<sup>4</sup> As an added benefit, it also exerts strong antioxidant protective effects and protects organs from damage from oxidants that are generated during exercise.

To further enhance muscle volumization and muscle size, L-tyrosine, dicalcium phosphate, disodium phosphate, dipotassium phosphate, sodium bicarbonate, glycerol monosterate, and maltodextrin and modified potato starch were added for multi-stage insulintropic response.

#### MORE ENERGY

N.O.K.O.™ instantly increases your energy by combining caffeine, L-tyrosine, L-citrulline malate, vinpocetine and glucuronolactone.

Caffeine acts centrally and stimulates adrenalin and noradrenalin release from the adrenal medulla, instantly increasing energy, sharpening mental focus, and increasing strength and exercise capacity. L-tyrosine also increases adrenalin and noradrenalin and produces beneficial energy effects.

L-citrulline malate is a Krebs energy cycle intermediate that increases energy levels, endurance and exercise capacity. Together with vinpocetine<sup>5</sup> and glucuronolactone, these three ingredients increase energy levels while also providing enhanced antioxidant protection.

For further information please contact InterACTIVE Nutrition at:  
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# www.interactivenutrition.com

InterACTIVE Nutrition is the leader in blending top quality premium ingredients into the purest and cleanest sport supplements on the market

