

Pre-workout label record

Keep serving bases, estimates and unknown amounts visible.

Record date and workout time

Exact product and variant

Serving basis copied from the label

Actual amount recorded and uncertainty

Other caffeine sources and their bases

Unknown quantities and questions

Medicines or health questions for a professional

Label source, date checked and next action

This record cannot establish a personal dose or supplement suitability.

Unknown caffeine amounts remain unknown. Do not change prescribed medicines.

For suspected overdose, call US Poison Control: 1-800-222-1222. Emergency: 911.