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## EHP Labs Cosmic Blast

# EHP Labs OxyShred Pre Workout Powder - Cosmic Blast

Instruction Manual

## 1. PRODUCT OVERVIEW

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EHP Labs OxyShred is a pre-workout powder designed to support energy levels, metabolism, and overall fitness goals. This product is formulated with ingredients such as L-Glutamine and Acetyl L-Carnitine, and is available in the Cosmic Blast flavor, providing 60 servings per container.



## SUPPLEMENT FACTS

Serving Size: 1 Scoop (5g)  
Servings Per Container: 60

Amount Per Serving	
Calories	10
Total Carbohydrate	0.9 g
Dietary Fiber	0.2 g
Vitamin C (as Ascorbic Acid)	180 mg
Thiamin (as Thiamine Mononitrate)	0.7 mg
Riboflavin	0.8 mg
Niacin (as Niacinamide)	20 mg
Vitamin B6 (as Pyridoxine Hydrochloride)	1 mg
Vitamin B12 (as Cyanocobalamin)	90 mcg
Pantothenic Acid (as D-Calcium Pantothenate)	2 mg
Chromium Picolinate	10 mcg

**INGREDIENTS:** Acetyl L-Carnitine, Natural Flavoring, L-Tyrosine, Taurine, L-Glutamine, Inulin Fibre, Garcinia Cambogia, Sodium Gluconate, Vitamin C (Ascorbic Acid), Caffeine Anhydrous, Sweetener (Sucralose), Conjugated Linoleic Acid (CLA), Anti-caking Agent (Silicon Dioxide), Calcium Silicate, Malic Acid, Citric Acid, Fruit and Vegetable Juice Powder, Grapefruit Seed Extract 4:1, Raspberry Ketones (From Raspberry Fruit Extract), Mangifera Indica Seed Extract, Guggul Extract Powder, Bitter Orange, Green Coffee Bean Extract (50% Chlorogenic Acid), Olive Leaf Extract (10% Oleuropein), Nicotinamide (Niacin), Huperzia Serrata, Calcium Pantothenate (Pantothenic Acid), Pyridoxine HCl (Vitamin B6), Riboflavin (Vitamin B2), Thiamine Mononitrate (Vitamin B1), Cyanocobalamin (Vitamin B12), Chromium Picolinate.

\*Percent Daily Value are based on a 2,000 calorie diet.  
\*\*Daily Value not established.



**VEGAN**



**GLUTEN FREE**



**NO ADDED SUGAR**

Image: EHP Labs OxyShred Pre Workout Powder in Cosmic Blast flavor container.

## 2. SAFETY INFORMATION

OxyShred is a dietary supplement containing caffeine. It is not recommended for children, pregnant or lactating women, or individuals sensitive to caffeine. Store out of direct sunlight in a cool, dry place. This product is not a sole source of nutrition and should be consumed in conjunction with a nutritious diet. This product should be used in conjunction with appropriate physical training or exercise program to achieve desired results. Please consult your physician and sports regulation advisors prior to consuming this product. Do not use if the safety seal is broken.

**Allergen Warning:** Contains milk. Produced on equipment that also processes peanuts, tree nuts, soybean, egg, wheat, sesame, shellfish, and fish. **KEEP OUT OF REACH OF CHILDREN.**

*Statements regarding dietary supplements have not been evaluated by the FDA and are not intended to diagnose, treat, cure, or prevent any disease or health condition.*

## 3. INGREDIENTS

The following are the key ingredients in EHP Labs OxyShred Pre Workout Powder:

- Green coffee bean extract
- Acetyl L-carnitine
- Natural Flavor
- Citric Acid
- Silicon Dioxide
- Sucralose
- Calcium Silicate
- Beet & Carrot Juice Powder (Color)
- Sodium Chloride
- DL-Malic Acid



**SUPPLEMENT FACTS**

Serving Size: 1 Scoop (4.5 g)  
Servings Per Container: 60

	Amount Per Serving	% DV
Calories	10	
Total Carbohydrate	0.9 g	0 %*
Dietary Fiber	0.2 g	1 %*
Vitamin C (as Ascorbic Acid)	174 mg	193 %
Thiamin (as Thiamine Mononitrate)	0.56 mg	46 %
Riboflavin	0.78 mg	60 %
Niacin (as Niacinamide)	20 mg	123 %
Vitamin B6 (as Pyridoxine Hydrochloride)	0.98 mg	58 %
Vitamin B12 (as Cyanocobalamin)	0.9 mcg	38 %
Pantothenic Acid (as D-Calcium Pantothenate)	1.7 mg	34 %
Chromium (as Chromium Picolinate)	1 mcg	3 %
<b>Fat Burning Matrix 2000 mg</b>		**
Acetyl L-Carnitine, Garcinia Cambogia Fruit Extract (60% Hydroxytric-Acids), Conjugated Linoleic Acid (CLA), Grapefruit Seed Extract 4:1, Raspberry Ketones (From Raspberry Fruit Extract), Mangifera Indica Seed Extract, Bitter Orange Fruit Extract Powder, Green Coffee Bean Extract (50% Chlorogenic Acid), Olive Leaf Extract (10% Oleuropein), Guggul Extract Powder, Chromium Picolinate		
<b>Immunity Booster Probiotic 625 mg</b>		**
L-Glutamine, Inulin Fiber, Vitamin C (Ascorbic Acid)		
<b>Mood Enhancer Matrix 851 mg</b>		**
L-Tyrosine, Taurine, Caffeine Anhydrous, Huperzia Serrata Extract Powder (Huperzia serrata) (Whole Herb)		
<b>Full B Vitamin Spectrum 24.59 mg</b>		**
Nicotinamide (Niacin), Calcium Pantothenate (Pantothenic Acid), Pyridoxine HCl (Vitamin B6), Riboflavin (Vitamin B2), Thiamine Mononitrate (Vitamin B1), Cyanocobalamin (Vitamin B12)		
<b>OTHER INGREDIENTS:</b> Natural Flavor, Citric Acid, Silicon Dioxide, Sucralose, Calcium Silicate, Beet & Carrot Juice Powder (Color), Sodium Chloride, DL-Malic Acid.		
*Percent Daily Values are based on a 2,000 calorie diet.		
**Daily Value not established.		

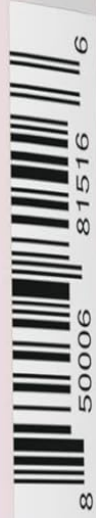
**DIRECTIONS:**

**H** On training days, take 1 scoop in the morning with 10oz (295mL) of cold water. Then take another scoop 10 minutes before exercise.

**1** On non-training days, take 1 scoop with 10oz (295mL) of cold water first thing in the morning on an empty stomach.

**⚠** Avoid eating other foods or drinking a protein shake within 20 minutes after consuming OxyShred Thermogenic Fat Burner.

- ✗ NO ARTIFICIAL FLAVORS
- ✗ NO ARTIFICIAL FOOD DYES / COLORS
- ✗ NO ASPARTAME / ACESULFAME POTASSIUM



Manufactured in GMP certified facility.  
Made in U.S.A exclusively for EHP Labs LLC.  
From domestic & foreign ingredients.  
EHP Labs 14555 Dallas Pkwy Ste 100 Dallas, TX 75254

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Image: Detailed Supplement Facts panel for EHP Labs OxyShred.

## 4. DIRECTIONS FOR USE

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For optimal results, consume OxyShred twice daily:

1. **Morning:** Mix 1 scoop with 10 ounces (295 ml) of chilled water first thing in the morning on an empty stomach.
2. **Training Days:** Consume an additional 1 scoop 15 minutes prior to exercise.

Avoid eating or consuming a protein shake within 20 minutes after consumption for maximum absorption.

Video: Demonstrates how OxyShred can be incorporated into a daily routine.

Video: General guide for beginners on using EHP Labs supplements, including OxyShred.

## 5. PRODUCT BENEFITS

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OxyShred is formulated to provide several benefits to support your fitness journey:

- **Energy Boosting:** Provides an energy boost to support workouts and daily activities.
- **Metabolism Support:** Contains ingredients that assist in metabolism management.
- **Immunity Support:** Includes an Immunity Booster & Prebiotic Complex.
- **Muscle Support:** Supports muscle growth and recovery with ingredients like L-Glutamine and Acetyl L-Carnitine.



Image: Highlights key benefits of OxyShred: energy boost, delicious taste, and shredding support.



Image: Further benefits of OxyShred: no heavy stimulants, increased performance, and improved immunity.

## 6. PRODUCT SPECIFICATIONS

<b>Brand</b>	EHP Labs
<b>Flavor</b>	Cosmic Blast
<b>Unit Count</b>	9.5 Ounce
<b>Item Form</b>	Powder
<b>Item Weight</b>	9.52 ounces
<b>Diet Type</b>	Vegan
<b>Age Range (Description)</b>	Adult
<b>Package Information</b>	Canister
<b>Number of Items</b>	1

<b>Manufacturer</b>	EHP Labs
<b>ASIN</b>	B08ND5DF3S
<b>UPC</b>	<a href="#">0850006815166</a>

## 7. QUALITY ASSURANCE & SUPPORT

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EHP Labs products undergo triple-phased testing to ensure high quality and effectiveness. The manufacturer is committed to providing science-backed supplements. For further support or inquiries, please visit the official EHP Labs store:

[Visit EHP Labs Store](#)

Video: Provides guidance on choosing the right OxyShred product for individual needs.