

## IMPROVED MUSCLE ENERGY\*

Creatine boosts your ATP and improves muscle function. An increase in ATP means an increase in the workload muscles can take on.\*

## NITRIC OXIDE BOOST\*

Gnarly Pump gives you 5 grams of L-Arginine and 1 gram of L-Citrulline per serving, precursors to Nitric Oxide (NO). Nitric Oxide delivers oxygen and nutrients to your muscles so they are ready to function at maximum efficiency.

## NATURAL ENERGY\*

Naturally caffeinated from green tea extracts to boost energy, minimize glycogen depletion, and improve mental focus.\*\*



**Directions and Use:** Add 1 scoop in 12-16 oz of water, stir or shake vigorously, 30 mins before workout. Settling may occur.

\*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.

Notice: If pregnant, nursing or have a pre-existing medical condition, consult a healthcare professional before using this product. Keep out of reach of children.

Store in a cool, dry place. Container is filled by weight not volume. Settling may occur. Included measuring scoop may settle to the bottom during shipping.

PER SCOOP	5g	1g	60mg	5g
	CREATINE	L-CITRULLINE	NATURAL CAFFEINE	L-ARGININE

NO ARTIFICIAL COLORS, FLAVORS OR SWEETENERS

NO GMOS • NO GLUTEN • VEGAN

CLEAN SPORTS NUTRITION



# GNARLY PUMP

With Natural Caffeine

ATP - NITRIC OXIDE  
CREATINE & L-ARGININE SUPPLEMENT

PER SCOOP	5g	1g	60mg	5g
	CREATINE	L-CITRULLINE	NATURAL CAFFEINE	L-ARGININE

CRANBERRY

NET WT 19 oz (1.2 LBS) / 540g

## Supplement Facts

Serving size 1 scoop (18g)

Servings per container about 30

Amount Per Serving	% Daily Value
Calories 10	
Total Carbohydrate 4g	1%*
Sugar Alcohol 1g	†
Sodium 10mg	<1%*
Vitamin C (As ascorbic acid) 1g	1667%*
L-Arginine 5g	†
Micronized Creatine Monohydrate 5g	†
L-Citrulline 1g	†
Caffeine (Natural from green tea extract) 60mg	†
Aquamin® Red Algae (Lithothamnium calcareum) 50mg	†

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

Other Ingredients: Citric Acid, Erythritol, Natural Flavors, Malic Acid, Beet (root) Powder (for color), Maltodextrin, Stevia (leaf) Extract

Aquamin® is the trademark of Marigot Ltd.

Manufactured by



**GNARLY**  
NUTRITION

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