

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.



goGNARLY.com

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

NO ARTIFICIAL COLORS, FLAVORS OR SWEETENERS

NO GMO'S • NO GLUTEN • VEGAN

CLEAN SPORTS NUTRITION

GNARLY PUMP

ATP - NITRIC OXIDE
CREATINE & L-ARGININE SUPPLEMENT

With Natural Caffeine

PER SCOOP

5g
CREATINE

1g
L-CITRULLINE

60mg
NATURAL CAFFEINE

5g
L-ARGININE



ORANGE MANGO

NET WT 19 oz (1.3 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 A (from Beta Carotene) 1,667 IU	33%*
Vitamin C (As ascorbic acid) 1g	166%*
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, Maltodextrin, Stevia (Leaf) Extract

Aquamin® is the trademark of Marigot Ltd.

Manufactured for



GNARLY
NUTRITION

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