

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



GNARLY

CLEAN SPORTS NUTRITION

PUMP
ATP - NITRIC OXIDE

CREATINE & L-ARGININE SUPPLEMENT

SUPPORTS POWER PRODUCTION AND BLOOD FLOW*

CRANBERRY

NET WT 19oz (1.2LBS) /540g

NO ARTIFICIAL COLORS, FLAVORS OR SWEETENERS
NO GMOS | NO GLUTEN | NO SOY | VEGAN

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 (<i>Lithothamnium calcareum</i>) 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 for



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