

Do Vitamins®

The Only Pure Pre-Workout Formula

The first of its kind, PurePump® is the cleanest pre-workout available. Free of artificial ingredients and dangerous chemicals, PurePump® will help you perform at a higher level.*



vitamin angels®

PROUD SUPPORTER

Do Vitamins® has partnered with Vitamin Angels® so that for every bottle of every product we sell, a child in need will receive vitamins for one year.

*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.

Labdoor



TESTED FOR
PURITY

Labdoor



TESTED FOR
SPORT



Quali-C®

CarnoSyn®
Carnosine Synthesizer

Carnipure®

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LEMON

PurePump®

Pre-Workout Formula

Dietary Supplement • Net Weight 269 Grams (9.5oz)

DIRECTIONS: As a dietary supplement, take a half scoop to one scoop 15-30 minutes before training mixed in water. Best when mixed in a shaker bottle.

Half Scoop - Extra boost for light training.

One Scoop - Regular serving size.

WARNING: Do not use if pregnant, nursing, or under the age of 18. Do not exceed 1.5 scoops in 24 hours. Consult your health care practitioner before taking this or any dietary supplement, especially if you have or suspect you may have a medical condition, or are taking any medications. Immediately discontinue use and call your health care provider if you experience any adverse effects. KEEP OUT OF REACH OF CHILDREN.

This product contains caffeine. May not be appropriate for caffeine sensitive individuals. Do not consume with any other stimulants. Assess your tolerance by taking one scoop and, if well tolerated, gradually increase the dose.

Use within 60 days of opening. Store in a cool, dry place. Do not eat freshness packet; keep in bottle.

Supplement Facts

Serving Size: 1 Scoop (8.97g)
Servings Per Container: 30

	Amount Per Serving	%Daily Value
Calories	5	
Total Carbohydrate	1g	<1%
Total Sugar	<1g	**
Vitamin C (as Quali®-C Ascorbic Acid)	60 mg	66%
Vitamin B3 (as Niacin)	20 mg NE	125%
Vitamin B6 (as Pyridoxine HCl)	10 mg	588%
Folate (Orgen-FA® Organic Lemon Peel)	400mcg DFE	100%
Vitamin B12 (as Methylcobalamin)	50 mcg	2083%
CarnoSyn® Beta-Alanine	2000 mg	**
L-Citrulline (Kyowa Hakko)	2000 mg	**
Creatine Monohydrate (Creapure®)	1000 mg	**
L-Arginine (AjiPure®)	500 mg	**
L-Carnitine L-Tartrate (Carnipure™)	500 mg	**
L-Leucine (AjiPure®)	250 mg	**
L-Isoleucine (AjiPure®)	250 mg	**
L-Valine (AjiPure®)	200 mg	**
Caffeine (from Green Tea Leaf Extract)	100 mg	**
Alpha Lipoic Acid (as Alipure®)		

**Daily Value not established. %DV based on a 2,000 calorie diet.

Other Ingredients: Crystallized Lemon (citric acid, lemon oil, lemon juice), Organic Cane Juice Powder.
Contains NO: wheat, gluten, soy, dairy, preservatives, or artificial sweeteners/colors/flavors.
Suitable for vegans and vegetarians.