IO Gluten

NO Sucralose MO Aspartame

Acesultame-K

Artificial Colors

Artificial Flavors

NO Banned Substances

MO Artificial Sweeteners

1,3-Dimethylamylamine

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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.*



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.







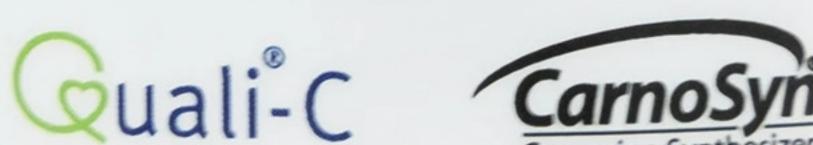














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Do Vitamins®



PurePump

LEMON

Pre-Workout Formula

Dietary Supplement • Net Weight 269 Grams (9.50z)

DIRECTIONS: As a dietary supplement, take a half scoop 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

0.1.1.	5		
Calories	10		<1%
Total Carbohydrate	19		**
Total Sugar	<1g		000
Vitamin C (as Quali®-C Ascorbic Acid)	60 mg		66%
	20 mg	NE	125%
Vitamin B3 (as Niacin)	10 mg		588%
Vitamin B6 (as Pyridoxine HCI)	100mca	DFE	100%
Folate (Orgen-FA® Organic Lemon Peel	50 mod	-	0083%
Vitamin B12 (as Methylcobalamin)	50 mcg	_	
	2000 mg		
CarnoSyn® Beta-Alanine	2000 mg		**
L-Citrulline (Kyowa Hakko)	1000 mg		**
Creatine Monohydrate (Creapure®)	500 mg		**
L-Arginine (AiiPure®)	500 mg	_	10
L-Carnitine L-Tartrate (Carnipure™)		_	18
L Laurina (AiiDuro®)	500 mg	_	**
L-Leucine (AjiPure®)	250 mg	_	**
L-Isoleucine (AjiPure®)	250 mg		10
L-Valine (AjiPure®)	200 mg		-
Caffeine (from Green Tea Leaf Extracty	100 mg		_
and the state of t		do die	1
Alpha Lipoic Acid (as Alipuro 7	2,000 calor	le un	-

**Daily Value not established. %DV based on a 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.