

Supplement Facts

Servings Per Container 30

Serving Size 1 Pack

Amount Per Pack	%DV
Magnesium	72mg 17%
Selenium (as sodium selenite)	100mcg 182%
Foundational Creatine Matrix with Creatine MagnaPower®	3000mg **
(Creatine Monohydrate, Tricreatine Matrix (TCM) (creatine gluconate, creatine orotate, creatine AKG), Magnesium Creatine Chelate)	
NO Blast Complex	2000mg **
(Arginine Alpha-Ketoglutarate (Arginine-AKG), Beta Alanine, Citrulline Malate, L-Carnosine, L-Norvaline)	
Energy Rush Complex	500mg **
(Methylxanthine Complex (caffeine, theobromine), Evodiamine)	
Antioxidant Complex	700mg **
(Grape Seed Extract (polyphenols), N-Acetyl Cysteine (NAC), Green Tea Leaf Extract (EGCG), Na-R-Alpha Lipic Acid (Na-R-ALA))	
Pump Transport Complex with Cinnulin PF® and Bioperine®	1000mg **
(Turbin, Ginger Root (gingerols, shogaols), Cinnamon Bark Extract, Fenugreek Seed Extract (4-hydroxyisoleucine), Piper Nigrum Fruit Extract)	

**Daily Value (DV) not established.

OTHER INGREDIENTS: Dicalcium phosphate, gelatin, Methylxanthine Complex (caffeine, theobromine, kola nut seed powder and guarana seed powder), microcrystalline cellulose, riboflavin, magnesium stearate, stearic acid, titanium dioxide, evodiamine root extract, FD&C Yellow #6, FD&C Red #40, FD&C Blue #1, pharmaceutical glaze. Made in a GMP facility on equipment that processes milk, soy, eggs, peanuts, tree nuts, fish, shellfish, and wheat.

INGREDIENT NOTES: Creatine MagnaPower® (Magnesium Creatine Chelate) is a registered trademark of Akeba Laboratories, Inc., and is covered by U.S. Patent #6,114,373 and patents pending. Bioperine® is a registered trademark of the Sabinsa Corporation (U.S. Patents #5,535,586, #5,744,161, #5,572,352). Cinnulin PF® is a registered trademark of Integrity Nutraceuticals International. Antioxidant Complex includes sodium ascorbate in the 700 milligrams. Cinnulin Malate is licensed under U.S. Pat. Nos. 5,374,471 and 5,028,107. Natural Alternatives International (NAI) is the owner of patents as listed on www.carnosyn.com and registered trademark Carnosyn®.

DOSEAGE: As a "core" or foundational preworkout supplement, take a single pack 30-45 minutes before you lift, preferably on an empty stomach. As each pack also contains your full, daily dose of creatine, take Pump every day for optimal results. On non-training days, you can take the pack around the same time as you would if you were training. You can remove the red capsule (skins) on all days, or if you train at night.

WARNING: Exercise good judgment and keep this out of reach of children. To keep it as fresh as possible, store this product in a cool, dry place, away from heat, moisture and sunlight. You know the drill. California Residents: A WARNING: Reproductive Harm - www.P65Warnings.ca.gov. If you have a liver disorder, consult a healthcare practitioner prior to use. Stop use if you develop symptoms of liver trouble such as yellowing of the skin/eyes (jaundice), stomach pain, dark urine, nausea, fatigue, unusual tiredness and/or loss of appetite and consult a healthcare practitioner. Rare, reportable cases of liver injury associated with green tea extract-containing products have been reported (in Canada and internationally).

Pack 10/2000 (10/2000)

Carnosyn
Creatine Supplement

"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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...UP THE
VOLUME

ANIMAL
TRAINING PACKS

PUMP

WHO WE ARE In 1983, Animal was founded with the birth of Animal Pak, the venerable training "pack" that started it all. Born from the real needs and desires of professional bodybuilders, Animal has grown prodigiously over the decades. Today, as yesterday, the name Animal stands for trust, integrity and a unique no nonsense approach to the game. Animal also represents a group of products that have stood the test of time, proven again and again in the labs, and in the trenches where it counts most... The gym and the stage. Dedicated to serious nutrition for the serious athlete, Animal is your choice when it comes to complete and comprehensive supplementation. Animal. The choice of champions. **WHAT ANIMAL PUMP® IS** Up the volume with Animal Pump, the "core" pre-workout product for "pumps". For the bodybuilder, getting the pump is the name of the game, what it's all about. It's not just an additive testing. Your muscles don't just feel bigger. They are. A pump signals the start of oxygen and nutrient-rich blood flooding into the muscle, setting the table for new growth. So is your table set? **OUR IRONCLAD GUARANTEE** Animal is dedicated to being the best in the business, no two ways about it. If this product doesn't meet with your total requirements for any reason, let us know. When it comes to standing behind our products, we don't mess around. That's the talk.

Dietary Supplement | 30 Packs The Preworkout Muscle Volumizing Stack Foundational Creatine Matrix | NO Boosters | Antioxidants | Stim | Nootropics | Pump Transport Complex | Cell Volumizing® 10819-G-30402