

SUGGESTED USE: DO NOT EXCEED 2 SCOOPS PER DAY. Mix each scoop (serving) of **zum™** with 4-8oz of water or beverage of choice. Start with 1 scoop or less to assess your tolerance. Consume prior to exercise on training days.

WARNING: THIS PRODUCT IS ONLY INTENDED FOR HEALTHY ADULTS, 18 YEARS OF AGE OR OLDER. DO NOT EXCEED RECOMMENDATIONS FOR SUGGESTED USE. Before using this product, consult a licensed, qualified healthcare professional if: you are taking any medications or other dietary supplements, or prescription drugs; or if you have or have been treated for, diagnosed with or have a family history of, any medical condition. Immediately discontinue use and consult a licensed, qualified healthcare professional if you experience any adverse reaction to this product. Not for use by women that are pregnant or nursing, trying to become pregnant, or men or women that are sensitive to caffeine. Do not consume caffeine from other sources while taking this product as too much caffeine may cause nervousness, irritability, sleeplessness, and occasionally rapid heartbeat. Discontinue use two weeks prior to surgery. Consuming this product within 4 hours of bedtime may cause difficulty sleeping.

STORE IN A COOL DRY PLACE. KEEP OUT OF REACH OF CHILDREN. DO NOT USE IF SAFETY SEAL IS BROKEN OR MISSING. CONTENTS SOLD BY WEIGHT NOT VOLUME, SOME SETTLING MAY OCCUR.

 MANUFACTURED IN THE U.S.A.
IN A GMP COMPLIANT FACILITY

This product contains ingredients of international and domestic origin.

VegiSURGE

VegiSurge® is a registered trademark of Anderson Advanced Ingredients, LLC

* 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.

You deserve to thrive.™

 **Thermo Approved**

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umzu.

sour green apple

zum™
PRE-WORKOUT

DIETARY SUPPLEMENT | NET. WT. 334g | 11.78oz | 0.73lb

made with
SUGAR CANE

Supplement Facts

Serving Size: 1 scoop (15.8 g)
Servings Per Container: About 21

	Amount Per Serving	%DV
Calories	30	
Total Carbohydrates	7 g	3%*
Total Sugars	6 g	**
Includes 6 g Added Sugars		12%
Vitamin B1 (as Thiamine Hydrochloride)	100 mg	8333%
Biotin (as Biotin Dicalcium Phosphate)	300 mcg	1000%
Calcium	13 mg	1%
Chloride (as Potassium Chloride)	90 mg	4%
Sodium (as Sodium Citrate)	85 mg	4%
Potassium (as Potassium Chloride)	100 mg	2%
L-Citrulline	6000 mg	**
Natural Caffeine from Green Coffee Bean (VegiSurge®)	150 mg	**
L-Theanine	100 mg	**
Astragalus membranaceus 10:1 and Panax notoginseng 50:1 Root Extract (AstraGin™)	50 mg	**

*Percent Daily Value based on a 2000 calorie diet.

**Daily Value (DV) not established.

OTHER INGREDIENTS: SUGAR CANE (ORGANIC), CITRIC ACID, NATURAL FLAVORS, MALIC ACID, TARTARIC ACID, CALCIUM SILICATE, SILICON DIOXIDE, STEVIA REBAUDIOSIDE A LEAF EXTRACT, SPIRULINA EXTRACT (COLOR), SUCROSE, MALTODEXTRIN, NATURAL YELLOW COLOR (FROM TURMERIC ROOT)

DEVELOPED BY: UMZU, LLC 1980 8TH ST, BOULDER, CO 80302