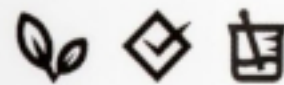


*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Purity and Performance; No Pollutants.™

Premium, pure, third-party tested ingredients you can trust.



NO Fillers · NO Gluten · NO GMO · NO Banned Substances ·
NO Artificial Colors, Flavors or Sweeteners.

How to Use

Mix a half to full scoop with 2-8 oz of water. PurePump® Lemon is best mixed in a shaker bottle. Consume 15 - 30 minutes before workout for optimal performance.*

1 Regular serving 1/2 Extra boost, light training

What to Expect

Nutrition you need to perform at your best, delivering clean power and endurance to any workout.* Caffeine will provide a boost you can feel and Beta-Alanine may make your skin tingle.



Do Vitamins®

Pure Pre-Workout Formula

Lemon

Dietary Supplement
Net Weight 269 Grams (9.5oz)

PurePump®

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	
Added Sugar	<1g	<1%
Vitamin C (as Quali®-C Ascorbic Acid)	60 mg	67%
Niacin (as Niacinamide)	20 mg	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 (Camipure™)	500 mg	**
L-Leucine (AjiPure®)	500 mg	**
L-Isoleucine (AjiPure®)	250 mg	**
L-Valine (AjiPure®)	250 mg	**
Caffeine (from Green Tea Leaf Extract)	200 mg	**
Alpha Lipoic Acid (as Alipure®)	100 mg	**

*Percent Daily Values are based on a 2,000 calorie diet.
**Daily Value not established.

Other Ingredients: Crystallized Lemon (citric acid, lemon oil, lemon juice), Organic Cane Sugar.

Contains NO: wheat, gluten, soy, dairy, preservatives, or artificial sweeteners/colors/flavors.

Suitable for vegans and vegetarians.

Quali®-C

CarnoSyn®
Carnosine Synthesizer

Camipure™



Premium vitamins by DSM - www.qualityforlife.com. Quali® is a trademark of DSM. CarnoSyn® trademark and patents owned by NAI, Inc. - www.carnosyn.com. Camipure™ and the Camipure™ logo are trademarks of Lonza Ltd. AjiPure® is a registered trademark of Ajinomoto® Co., Inc.

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.



Manufactured in a cGMP facility

dovitamins.com

@dovitamins

Distributed exclusively by

Do Vitamins, LLC.

Newark, DE 19702 • 1-800-380-1283

©2020 Do Vitamins. All rights reserved.

v1.0



8

5957200316