

It should be simple: the right combination of specifically targeted ingredients for pump, endurance, strength, and focus all blended together to produce a scientifically sound, and complete, non-stimulant pre-workout. It should be, but it isn't. It is a good thing for consumers, then, that Core Nutritionals loves a challenge. With Core PUMP, we redefine the non-stimulant, pre-workout category with more than just a "pump" product. Core PUMP contains cutting edge and trademarked ingredients to maximize ALL performance aspects of your workout, without stimulants or jitters.¹

WARNING: This product is only intended for use in healthy adults 18 years of age or older. Pregnant or nursing women should not use this product. Consult your healthcare provider before using this product, especially if you are taking any prescription, over the counter medication, dietary supplement product, or if you have any pre-existing medical condition including but not limited to: high or low blood pressure, cardiac arrhythmia, stroke, heart, liver, kidney or thyroid disease, seizure disorder, psychiatric disease, diabetes, difficulty urinating due to prostate enlargement or if you are taking a MAOI (Monoamine Oxidase Inhibitor), PDE5 inhibitor, nitrates for chest pain, or any other medication. Immediately discontinue use and consult your health care professional if you experience adverse reaction to this product. Do not exceed recommended serving. Do not use if safety seal is broken or missing. Keep out of reach of children.

DIRECTIONS: Mix 2 scoops with 12-16 ounces of water and consume approximately 15-30 minutes prior to your workout.



Crush It!®

¹These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.



CORE NUTRITIONALS®

PUMP

FULL-SPECTRUM NON-STIMULANT PRE-WORKOUT

PUMP* | ENDURANCE* | STRENGTH* | FOCUS*

BLACK LIGHTNING

NATURALLY & ARTIFICIALLY FLAVORED DIETARY SUPPLEMENT
20 SERVINGS • NET WT. 16.4 OZ (464 G)



Supplement Facts

Serving Size: 2 Scoops (23.2 g) Servings Per Container: 20 (40 scoops)

	Amount Per 1/2 Serving (1 scoop)	% DV	Amount Per Serving (2 scoops)	% DV
L-Citrulline	3000 mg	**	6000 mg	**
Beta Alanine	1600 mg	**	3200 mg	**
Betaine Nitrate (N03-T®)	1250 mg	**	2500 mg	**
PeakO2® (Cordyceps militaris (Cordyceps)Root, Ganoderma Acidum (Reishi)Root, Pleurotus eryngii (King Trumpet)Root, Lentinula edodes (Shiitake)Root, Hericium erinaceus (Lions Mane)Root, and Trameetes versicolor (Turkey Tail)Root)	1000 mg	**	2000 mg	**
HydroMax® (65% Glycerol Powder)	1000 mg	**	2000 mg	**
Alpha GPC 50%	300 mg	**	600 mg	**

**Daily Value not established.

OTHER INGREDIENTS: Silicon Dioxide, Citric Acid, Malic Acid, Natural and Artificial Flavor, Sucralose, Acesulfame Potassium.



N03-T[®] is a registered trademark of ThermoLife International LLC. This mark covers the use of one or more patents listed at www.N03-T.com/patents.

HydroMax

HydroMax[®] is a registered trademark of Glanbia plc.



PeakO2[®] is a registered trademark of Compound Solutions, Inc.

Manufactured in a U.S. cGMP Facility
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