

## DIRECTIONS

Mix 1 scoop of Pump N Grow with 8-10 fl. oz. of water, 15 minutes prior to exercise.

## BENEFITS

- ▶ 4G OF L-CITRULLINE to promote nitric oxide production and increase muscle pumps.\*
- ▶ 2G OF BETAINE ANHYDROUS to promote liver health, improve athletic performance, and support protein synthesis.\*
- ▶ 1.5G OF BETA-ALANINE to enhance performance by increasing endurance and decreasing occasional muscle fatigue.\*
- ▶ 1G OF L-ARGININE to support protein synthesis, production of nitric oxide, and normal, healthy blood flow.\*
- ▶ NATURAL ELECTROLYTES to support hydration.\*

**WARNING:** Not intended for anyone under the age of 18. If you are nursing, pregnant, taking medication or have a medical condition, consult your physician before taking this product.

**KEEP OUT OF REACH OF CHILDREN.  
STORE IN A COOL, DRY & DARK PLACE.**



**WARNING:** Consuming this product can expose you to chemicals including lead which is known by the State of California to cause birth defects or other reproductive harm. For more information go to [www.P65Warnings.ca.gov/food](http://www.P65Warnings.ca.gov/food).

\* 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.

**30**  
SERVINGS

ANABOLIC  WARFARE

# PUMP N GROW

## PUMP + ENDURANCE ACTIVATOR



INCREASE  
Muscle Pumps\*



IMPROVE  
Endurance\*



STIMULANT  
Free

## FRUIT EXPLOSION

NATURALLY AND ARTIFICIALLY FLAVORED

DIETARY SUPPLEMENT

NET WT. 12.59 OZ (357 G)

## Supplement Facts

Serving Size: 1 Scoop (11.9g)  
Servings per Container: 30

	Amount Per Serving	%DV
Sodium (as Sodium Chloride)	70 mg	3%
Potassium (from Nitrosigine®, Dipotassium Phosphate)	60 mg	1%
L-Citrulline Malate 3:1	4000 mg	†
Betaine Anhydrous	2000 mg	†
Beta Alanine	1500 mg	†
Highly Branched Cyclic Dextrin (Cluster Dextrin®)	1000 mg	†
L-Arginine Pyroglutamate	1000 mg	†
Inositol-Stabilized Arginine Silicate (Nitrosigine®) [std. to 40% Arginine]	500 mg	†

† Daily Value (DV) Not Established

**Other Ingredients:** Silicon Dioxide, Natural and Artificial Flavors, Sucralose, Malic Acid, Acesulfame Potassium.

MANUFACTURED FOR & DISTRIBUTED BY:


**ANABOLIC  WARFARE**  
AUSTIN, TX • 888.301.4002





Manufactured in a facility which processes Milk, Eggs, Fish, Shellfish, Tree Nuts, Peanuts, Wheat, Soybeans, and Sesame.

**Nitrosigine®** Nitrosigine®, including the Nitrosigine® logo, is a trademark of Nutrition 21, LLC. Nitrosigine® is patent protected.

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