

• ENDURANCE[†] • POWER[†] • PRE-WORKOUT[†] • PERFORMANCE[†] • STRENGTH[†] • LEAN MUSCLE[†]

PRE-WORKOUT



PUMP-HD™ is our premier **PRE-WORKOUT**, formulated with researched, trialed and tested ingredients designed to feed your muscles and fuel exercise performance. Combine this with an ultra strong **PRE-WORKOUT ENERGY SYSTEM** - the end result can be explosive workouts unlike anything you may have experienced. **PUMP-HD™** contains THE tested form of **BETA-ALANINE**, CarnoSyn®, which has been shown in groundbreaking research to be the gold standard form of this compound. CarnoSyn® is shown to work as a lactic acid buffer, which can help to reduce fatigue and increase exercise capacity. In short, CarnoSyn® may help you to train harder and longer. In fact, research shows that a clinical dose (3.2g daily) of CarnoSyn® literally builds on the dose before, and that performance can continue to increase with ongoing use. For maximum benefit from Beta-Alanine, supplement with additional CarnoSyn® to the clinical dose level of 3.2g daily. **PUMP-HD™** also includes the most researched form of **CREATINE** and the key branched chain amino acid **LEUCINE**. To complete this **ADVANCED PRE-WORKOUT** formula, we've added an **ELECTROLYTE** matrix to help rehydrate and refresh.[†]

Please read entire label before use.

Suggested Use: Take one (1) serving (1 scoop) approximately 15-30 minutes prior to training, blended into 8-10 ounces of cold water or beverage, or as suggested by a qualified healthcare practitioner.

Warnings: Not intended for use by persons under age 18. Do not exceed recommended dose. Get the consent of a licensed physician before using this product, especially if you are taking medication, have a medical condition, you are pregnant, nursing or thinking about becoming pregnant. **KEEP THIS PRODUCT AND ALL SUPPLEMENTS OUT OF THE REACH OF CHILDREN.**

Caffeine warning: The recommended serving of this product contains approximately as much caffeine as three cups of coffee. Do not consume caffeine, or combine with synephrine, including but not limited to coffee, tea, soda and other dietary supplements or medications containing phenylephrine or caffeine. Too much caffeine may cause nervousness, irritability, sleeplessness, and occasionally rapid heartbeat. Discontinue use if you experience dizziness, severe headache, rapid heartbeat or shortness of breath.

***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.**

[†]When combined with a proper exercise and nutrition regimen. Statements based on early-stage independent 3rd party in vivo and / or in vitro model scientific research data findings for individual ingredients.



Manufactured for and Distributed By: BPI Sports, Hollywood, FL 33312.
To report an adverse event or for more information call: 954.926.0900 (toll)
www.bpisports.net

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**NO MALTODEXTRIN!
NO FILLERS!**

PUMP-HD™

ULTIMATE PRE-WORKOUT FORMULA[†]

Powerful CNS
STIMULANT[†]
Intensity / Energy[†]

AMINOS

ELECTROLYTES

30
SERVINGS

TO BE USED IN CONJUNCTION WITH:

- STRENGTH / MUSCLE BUILDING PROGRAMS[†]
- POWER / ENDURANCE PROGRAMS^{††}



LIME-SHERBET
Natural and Artificial Flavors

DIETARY SUPPLEMENT
NET WEIGHT 11.64 OZ (330 GRAMS)



Supplement Facts

Serving Size 1 Scoop (11 grams)
Servings Per Container 30

Amount Per Serving	% Daily Value	
Niacin (as nicotinic acid)	30 mg	150%
ELECTROLYTE MATRIX		
Calcium (as tricalcium phosphate)	30 mg	3%
Magnesium (as dimagnesium phosphate)	12 mg	3%
Manganese (as manganese gluconate)	2 mg	100%
Potassium (as dipotassium phosphate)	99 mg	3%
Creatine (as creatine monohydrate)	2,000 mg	**
Aspartic Acid (as L-aspartic acid)	1,000 mg	**
Beta-Alanine (as CarnoSyn®)	1,000 mg	**
Glycerol (as glycerol monostearate)	1,000 mg	**
Glycine	1,000 mg	**
L-Leucine	1,000 mg	**
PUMP-HD™ Matrix (blueberry fruit, pine bark and red wine concentrates)	1,000 mg	**
PROFESSIONAL ENDURANCE AND RECOVERY BLEND (Proprietary) 1,230 mg		
Taurine		**
Acetyl-L-Carnitine (as acetyl-L-carnitine HCl)		**
L-Tyrosine (as N-acetyl-L-tyrosine)		**
Caffeine (as caffeine anhydrous)		**
Psoralea (<i>Psoralea corylifolia</i>) (seed)		**
Yohimbe (<i>Pausinystalia yohimbe</i>) (bark)		**
L-Ornithine (as L-ornithine alpha ketoglutarate)		**

** Daily Value not established.

Other Ingredients: Silica, natural and artificial flavors, sucralose, citric acid, malic acid, and FD&C Yellow No. 5.



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