

**RAW**

DON'T BE A BUM. TRAIN HARD. SLEEP HARDER.  
 ADD ANOTHER PLATE. LOVE YOUR MOM. NO  
 REGRETS. STAY HUNGRY. DRINK YOUR WATER. FALL  
 IN LOVE. SATURDAYS ARE FOR THE BOYS. DREAM  
 BIG. NEVER QUIT. BE HONEST. TAKE  
 RESPONSIBILITY. TAKE RISKS. DARE TO LEAD.  
 OWN YOUR SH\*T. GET HUGE. GET SHREDED. LIFT  
 MORE. RUN FURTHER. JUMP HIGHER. REMEMBER  
 TO LIVE. LAUGH AND ALL THAT BULL SH\*T.  
 GET RAW.  
 BE A THAVAGE.

**THUPER**

# THUPER THAVAGE PRE-WORKOUT

DIETARY SUPPLEMENT

**WHITE CHERRY**

NATURALLY &amp; ARTIFICIALLY FLAVORED

NET WT. 22.2 OZ (1.38 lbs) (628g)

20 SERVINGS

## Supplement Facts

Serving Size 1 Scoop (31g)  
Servings Per Container 20

	Amount Per Serving	%DV
Calories	5	
Total Carbohydrate	1g	<1%*
Sodium (as Himalayan Pink Salt)	190mg	8%
Beta Alanine	6.4g	**
L-Citrulline	6g	**
Creatine Monohydrate	5g	**
Betaine Nitrate (as NO <sub>3</sub> -T®)	2g	**
Taurine	2g	**
PeakO2 [Cordyceps ( <i>Cordyceps militaris</i> ), Reishi ( <i>Ganoderma lucidum</i> ), King Trumpet ( <i>Pleurotus eryngii</i> ), Shiitake ( <i>Lentinula edodes</i> ), Lion's Mane ( <i>Hericium erinaceus</i> ), Turkey Tail ( <i>Trametes versicolor</i> )]	1g	**
Agmatine Sulfate	1g	**
Alpha GPC (Alpha-Glycerol Phosphoryl Choline 50%)	500mg	**
Himalayan Pink Salt	500mg	**
Caffeine Anhydrous	400mg	**
Juniper ( <i>Juniperus communis</i> ) Berry Extract	220mg	**
L-Theanine	200mg	**
Theobromine	100mg	**
Rauwolfia ( <i>Rauwolfia vomitoria</i> ) Root Extract	2.5mg	**

\*Percent Daily Values are based on a 2,000 calorie diet.

\*\*Percent Daily Value (DV) not established.

Other Ingredients: Citric Acid, Malic Acid, Natural Flavor, Silicon Dioxide, Calcium Silicate, Sucralose, Acesulfame Potassium.