

SUGGESTED USE: Take 1 scoop of PUMP FUEL® with 8 oz. of cold water (adjust to desired taste) 45 minutes before workout. For best results take PUMP FUEL® on an empty stomach. To avoid sleeplessness do not take within 4 hours of bedtime. Limit use to no more than 1 serving in a 24-hour period. *To be used as part of a physical conditioning program.*

WARNING: KEEP OUT OF REACH OF CHILDREN. Do not exceed recommended dose. Do not take if you are currently taking nitrates for chest pain or if you are taking erectile dysfunction medication. Do not take if you are pregnant or nursing, or contemplating becoming pregnant. This product is only intended to be consumed by healthy adults 18 years of age or older. Before using this product consult with your physician if you are using any prescription or over the counter medication 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) or any other medication. Avoid additional caffeine, which may intensify adverse effects. Do not use if you are prone to dehydration or exposed to excessive heat. Do not use if you suffer from the rare genetic disorder, Hyper Beta-Alaninemia. This product contains Beta-alanine which may cause a tingling skin sensation in some individuals. Discontinue use and consult your health care professional if you experience any adverse reaction to this product. Do not consume if tamper evident seal is broken. **STORE IN A COOL, DRY PLACE. AVOID EXCESSIVE HEAT.**

*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.

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PLEASE RECYCLE

ALL-IN-ONE PREMIUM PRE-WORKOUT



PUMP FUEL ^{V.3}
DIETARY SUPPLEMENT

- NITRIC OXIDE SURGE*
- MAXIMUM POWER*
- INTENSE ENERGY/FOCUS*
- GREATER ENDURANCE*
- QUICKER RECOVERY*



KRE-ALKALYN
+ PH-CORRECT CREATINE
2g



CREATINE MagnaPower
Creatine Magnesium Chelate
1g



CarnoSyn
Carnosine Synthesizer
2.5g

NET WT. 1.90 LBS. (840 G)

RASPBERRY LEMONADE
Natural and Artificial Flavor

Supplement Facts

Serving Size 1 Scoop (28 g)
Servings Per Container 30

	Amount Per Serving	%DV**
Calories	55	
Calories from fat	0	
Total Fat	0 g	0%
Saturated Fat	0 g	0%
Trans Fat	0 g	0%
Cholesterol	0 mg	0%
Total Carbohydrate	14 g	5%**
Dietary Fiber	0 g	0%
Sugars	0 g	
Protein	0 g	0%
Vitamin C (as ascorbic acid)	125 mg	208%
Vitamin E (as d-alpha tocopherol)	100 IU	333%
Magnesium (as magnesium creatine chelate and magnesium oxide)	100 mg	25%
Chromium (as chromium polynicotinate)	50 mcg	42%
Sodium (as sodium chloride)	60 mg	3%
Potassium (as potassium citrate)	90 mg	3%

PUMP FUEL® Blend	23,541 mg (23.5 g)	†
RAPID ATP™ Blend	3,000 mg (3.0 g)	†
Creatine (Kre-Alkalyn®)	2,000 mg	
Magnesium Creatine Chelate (Creatine MagnaPower®)	1,000 mg	
AGMA PUMP™ Blend	2,250 mg (2.3 g)	†
Arginine Complex:	2,000 mg	
L-Arginine, L-Arginine AKG, Arginine Pyroglutamate, Di-Arginine Di-Malate		
Agmatine Complex:	250 mg	
Agmatine Sulphate, L-Norvaline, L-Citrulline L-Malate		
BETA BURN™ Agent	2,500 mg (2.5 g)	†
Beta-Alanine (CarnoSyn®)	2,500 mg	
AMINO FOCUS™ Blend	979 mg (0.9 g)	†
Taurine, Caffeine Anhydrous (200 mg), Glutamine AKG, N-Acetyl Glutamine, Glutamine, Isoleucine, Leucine, Valine, Phosphatidyl Serine, Carnitine, Guanidino Propionic Acid, Tyrosine, Vinpocetine, Cinnamon Bark Extract (Cinnamomum verum)(Bark)		
GLYCO LOAD™ Blend	14,812 mg (14.8 g)	†
Maltodextrin, Waxy Maize, Glycerol Powder (75% Load), Glycine Propionyl L-Carnitine HCl (GlycoCarn®), Acetyl L-Carnitine Arginate DIHCl (ArginoCarn®)		
** Percent Daily Values (DV) based on a 2,000 calorie diet		
† Daily Value (DV) not established		

Other Ingredients: Citric Acid, Natural and Artificial Flavors, Silica, Sucralose, Acesulfame Potassium, Malic Acid, FD&C Red 40 Dye

Free of: Yeast, Lactose, Preservatives, Aspartame, Sugar, Gluten.

Contains Soy.

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ArginoCarn®



GLYCO|CARN®

TRUTH-IN-LABELING:

PUMP FUEL® is an explosive and fully equipped pre-workout solution formulated with the highest quality ingredients for maximum product efficacy... and the facts don't lie! NDS ensures the quality of PUMP FUEL® for you through its exclusive Truth-in-Labeling format, where we list exact milligram amounts of PUMP FUEL's chief ingredients, so you know exactly what you're getting in every serving.

CREATINE – KRE-ALKALYN® + MAGNAPOWER®
PUMP FUEL® includes two of the highest quality forms of creatine available on the market – Kre-Alkalyn® and Creatine MagnaPower®. Kre-Alkalyn® has been a staple in PUMP FUEL® since its inception. With a higher pH level, Kre-Alkalyn® is a more stable and "buffered form of creatine" that will not break down into creatinine prior to reaching skeletal muscle. Because Kre-Alkalyn® delivers faster than any other form of creatine, it provides a quicker conversion of ADP to ATP. Creatine MagnaPower® is an advanced form of creatine that binds creatine to magnesium, making it less susceptible to break-down in the stomach, helping to maximize creatine uptake into the body.* PUMP FUEL®'s inclusion of elite creatines supports greater cellular energy, enhanced muscle strength, and better power output during workouts.*

NITRIC OXIDE PRE-CURSORS
Spiking nitric oxide (N.O.) levels helps vasodilate blood vessels and trigger intense vascularity. PUMP FUEL®'s elite pre-workout formulation is well equipped to optimize the portals within the circulatory system, to dilate blood vessels and more efficiently deliver vast levels of oxygen and nutrient-enriched blood to muscle tissue. This healthy increase in blood flow helps produce and maintain PUMP FUEL®'s superior muscle pump both intra- and post-workout.*

CARNOSYN® BETA-ALANINE
As the patented and clinically proven form of beta-alanine, CarnoSyn® is the 'fatigue fighting' pre-cursor to Carnosine, that serves as a buffer to lactic acid build up at the muscular level. Elevating carnosine levels helps delay the onset of fatigue, allowing for a more intense muscular output and maximum workout performance.*

GLYCEROL
By preventing dehydration and delaying fatigue, glycerol supports greater muscle definition and vascularity.*