



PRE-WORKOUT



Blue Raspberry

Naturally & Artificially Flavored

HELPS PROMOTE NITRIC OXIDE SYNTHESIS***

200 MG CAFFEINE • SUGAR FREE

Not a low calorie product.

DIETARY SUPPLEMENT

20 FL. OZ. (1.25 PT.) (591mL)

If you're an athlete who wants to get the best from your workouts, then Extreme NOS Pumped should be your first choice in sports supplements. Extreme NOS Pumped contains Arginine from L-Arginine and L-Arginine Alpha-Ketoglutarate. Arginine is an amino acid involved in the formation of nitric oxide.*** During workouts, nitric oxide production can help support circulation and muscles.*** Extreme NOS Pumped also contains Glycerin, which may help support body hydration, and Caffeine to promote energy flow.*** Dietary intake is important for plasma Arginine levels, and daily supplementation can help, especially before exercise.***

DIRECTIONS FOR ADULT USE ONLY: Drink one (1) 20 fl. ounce serving per workout session as follows: 1/2 before and the balance during the course of your workout. Do not exceed 1 serving per workout session and/or more often than every 3-4 hours. Limit use to no more than two (2) bottles in a 24-hour period. As a reminder, discuss the supplements and medications you take with your health care providers.

Supplement Facts

Serving Size 1 Bottle

Amount Per Serving	% Daily Value
Calories	60
Total Carbohydrate	14 g 5%*
Sugars	0 g **
Niacin (as Niacinamide)	20 mg 100%
Folic Acid	400 mcg 100%
Sodium	75 mg 3%
Potassium (as Potassium Citrate)	130 mg 4%
Glycerin	10 g **
Extreme NOS Pumped Complex	3 g
L-Arginine**	
L-Arginine Alpha-Ketoglutarate**	
Caffeine	200 mg **

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

** Daily Value not established.

Other Ingredients: Water, Contains less than 0.5% of the following: Phosphoric Acid, Natural and Artificial Flavor, Potassium Sorbate and Sodium Benzoate (preservatives), Citric Acid, Acesulfame Potassium, Sucralose, Blue 1, Food Starch Modified.

WARNING: Not for use by pregnant or lactating women. Avoid this product if you have liver or kidney disease. Consult your doctor before use if you have, or have had, ANY HEALTH CONDITION or if you are taking ANY MEDICATIONS OR REMEDIES, including OTC medications, or are planning any medical procedure. This product contains caffeine. The recommended dose of this product contains about as much caffeine as two cups of coffee. Avoid additional consumption of caffeine or stimulants such as ephedra or Ma Huang, which may intensify adverse effects. Limit the use of caffeine-containing medications, foods, or beverages while taking this product because too much caffeine may cause nervousness, irritability, sleeplessness, or rapid heartbeat. Discontinue use and consult your doctor if any adverse reactions occur, such as gastrointestinal discomfort. NOT INTENDED FOR USE BY PERSONS UNDER THE AGE OF 18.

Refrigerate after opening

TAMPER RESISTANT: DO NOT USE IF CAP IS BROKEN.

KEEP OUT OF REACH OF CHILDREN.

***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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