

It should be simple: the right combination of specifically targeted ingredients, in specifically chosen amounts, all blended together to produce a scientifically sound pump product. It should be, but it isn't. It is a good thing for consumers, then, that Core Nutritionals loves a challenge. With Core PUMP, we have accepted that difficult challenge and entered the non-stimulant, preworkout "pump" category with a fresh, innovative new entry. PUMP is expertly formulated, using the highest quality and cutting edge ingredients, to give you pumps so intense you will swear your skin is bursting! †

WARNING: This product is only intended for use in healthy adults 18 years of age or older. Pregnant or nursing women should not use this product. Consult your healthcare provider before using this product, especially if you are taking any prescription, over the counter medication, dietary supplement product, 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. Discontinue use and consult your health care professional if you experience adverse reaction to this product. Do not exceed recommended serving. Do not use if safety seal is broken or missing. 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.

 **Crush It**
Manufactured in a cGMP Facility. Made in the USA. Distributed by:
Core Nutritionals, LLC, Arlington, Virginia. www.CoreNutritionals.com,
info@corenutritionals.com, (888) 978-2332

 **HydroMax**
HydroMax® is a trademark of Glanbia Nutritionals.

 **Nitrosigine**
The Nitrosigine® name and logo are federal trademarks of Nutrition 21, LLC.
Nitrosigine® is patent protected.



PUMP

**PRE-WORKOUT
VASODILATOR AND
PERFORMANCE OPTIMIZER**

CAFFEINE
FREE

NO
ARTIFICIAL COLORS

NO
PROPRIETARY BLENDS

GLUTEN
FREE

SOUR APPLE CANDY
NATURALLY & ARTIFICIALLY FLAVORED
DIETARY SUPPLEMENT • 288 G

Supplement Facts

Serving Size: 1 scoop (10.3 grams)

Servings Per Container: 28

	Amount Per Serving	% Daily Value
Vitamin C (Ascorbic acid)	250 mg	417%
Agmatine sulfate	1000 mg	†
L-Citrulline	3000 mg	†
HydroMax® (65% Glycerol)	2000 mg	†
Nitrosigine® (inositol arginine silicate)	1500 mg	†

† Daily value not established.

OTHER INGREDIENTS: Citric Acid, Natural and Artificial Flavors, Silica, Sucralose, Calcium Silicate, Acesulfame Potassium.

DIRECTIONS: Mix 1 scoop with 8-16 ounces of water and consume approximately 15-30 minutes prior to your workout. Do not exceed 2 servings in a 24 hour period.

- The nature of ingredients found in PUMP may cause clumping. This does not change product effectiveness.
- Protect from heat, light and moisture.
- Store at 10-25°C (50-77°F).

