

WARNING: NOT INTENDED FOR USE BY PERSONS UNDER THE AGE OF 18. Do not use if you are pregnant or nursing. Consult a physician before using this product if you are unaware of your health status or have a history of high blood pressure, heart disease or if you are using a monoamine oxidase inhibitor (MAOI) or any other dietary supplement. Do not use if you're currently using a prescription drug, or over-the-counter drug containing but not limited to ibuprofen, ephedrine, pseudoephedrine, or phenylpropanolamine (ingredients found in certain allergy, asthma, cough or cold, and weight control products). Discontinue use if adverse reactions occur and consult a physician. Individuals who are sensitive to the effects of caffeine or have a medical condition should consult a licensed health care professional before consuming this product. If adverse reactions occur, then consult a physician.

KEEP OUT OF REACH OF CHILDREN.
NO STARCH, SALT OR PRESERVATIVES ADDED.

† 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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**MANUFACTURED FREE OF BANNED
SUBSTANCES IN A NSF GMP
CERTIFIED FACILITY.**



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**1UP
NUTRITION**

AMT PUMP
COMPLETE PRE-WORKOUT FUEL



ENERGY †
PUMP †
**MUSCLE
STIMULATION** †
FOCUS †

**BLUE
RASPBERRY**

30 SERVINGS
DIETARY SUPPLEMENT
NW 12.69 oz (360 g)



DIRECTIONS: Mix 8 oz of water per serving, begin with half a serving (20 min. before exercise) to assess tolerance. Continue with a full scoop once tolerance is acceptable. Discontinue use after 12 weeks, do not take within 3 hours of sleep.

Supplement Facts

Serving Size: 1 scoop (12g)

Servings per Container: 30

Amount Per Serving	%Daily Value	
Calories	0	
Pro-Pump Volumizer Blend	3,601 mg	*
L-Arginine Alpha Ketoglutarate (AAKG), Agmatine Sulfate, L-Citrulline Malate, L-Ornithine Alpha Ketoglutarate (AKG).		
Pro-Pump Performance & Endurance Blend	2,655 mg	*
Taurine, Caffeine Anhydrous, L-Tyrosine, Synephrine HCL, Glucoronolactone.		
CarnoSyn® (Beta Alanine)	3,000 mg	*

* Daily Value not established.

OTHER INGREDIENTS: Malic acid, sucralose, citric acid, glycine, flavor blue raspberry, silicon dioxide, acesulfame potassium and FDC Red 40.

Store in a dry place at room temperature (59° -86°F)
Do not use this product if printed inner seal under cap is missing or broken.