STRENGTH* PUMP* POWER* KICK* HYDRATION* MOTIVATION*

- ✔ PROMOTES MUSCLE EXCITABILITY*
- ✔ AUGMENTS MUSCLE STRENGTH*
- ✔ ENCOURAGES EXERCISE MOTIVATION*
- ✔ SUPPORTS BLOOD FLOW*

WARNING: KEEP OUT OF REACH FROM CHILDREN. Do not use if pregnant or nursing. Not intended for use by persons under 18. Do not consume synephrine, caffeine, or thyroid-boosting compounds from other sources, including but not limited to coffee, tea, soda or other dietary supplements or medications containing phenylephrine, caffeine, or any stimulants whatsoever. This product contains caffeine. Do not use this product for longer than 8 weeks, and make sure that usage is followed by a 2 week off-period. Consult a health care provider before use if you have been treated for, diagnosed with, or have family history of any medical conditions, including but not limited to anxiety disorders, depression, kidney disease, liver disease, post-traumatic syndrome, schizophrenia, glaucoma, hypertension, hypotension, angina, cardiovascular disease, or if you are using any prescription, or over-the-counter, medications including but not limited to MAOI, anti-depressants, aspirin, non-steroidal anti-inflammatory drugs, or products containing phenylephrine, ephedrine, pseudoephedrine, phenylethylamine, or other stimulants. Discontinue use and immediately seek medical attention if you experience chest pain, dizziness, headache, irregular heartbeat, nausea, or other comparable symptoms. Consult a health care provider before starting any diet or exercise program. **Do not exceed recommended servings. Improper use of this product will not improve results and is not advised. Use only as directed. Do not use if safety seal on this package has been broken.** Store in a cool, dry place (60°F to 80°F).

*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.

BLUE STAR
NUTRACEUTICALS

BETTER BY DESIGN

P.P.K.™

PUMP. POWER. KICK.™

PUMP®

GRAPE

Natural & Artificial Flavor

25 Servings

Net Weight 7.51 oz (213 g)

Dietary Supplement

PRE-WORKOUT FORMULA*

Supplement Facts

Serving Size: 1 Scoop (8.5 g)
Servings Per Container: about 25

	Amount Per Serving	% Daily Value
Calories	10	
Total Carbohydrate	2 g	1%**
Vitamin B3 (as niacinamide)	20 mg	125%
Vitamin B6 (as pyridoxine HCl)	14 mg	822%
Vitamin B12 (as cyanocobalamin)	12 mcg	500%
Sodium (as sodium chloride, sodium R-lipoate)	55 mg	2%
Potassium (as potassium chloride)	55 mg	¥
Power and Pump Blend		
Beta-Alanine	3200 mg	†
PEAK ATP® (adenosine 5'-triphosphate disodium)	400 mg	†
Caffeine Anhydrous	250 mg	†
Mental Focus Blend		
Beta-Phenylethylamine	200 mg	†
Hordenine HCl	50 mg	†
Huperzine A (1%) (*Huperzia serrata*) (leaf) standardized extract	400 mcg	†
XD Delivery Technology™	61 mg	†
Fumaric acid		
BioPerine® Black Pepper (*Piper nigrum*) (fruit)		
AstraGin™ (*Panax notoginseng, Astragalus membranaceus*) (root)		
Sodium R-Lipoate		
Succinic acid		

**Percent Daily Values are based on a 2000 calorie diet.
†Daily Value not established.
¥ DV less than 2%

Other Ingredients: Maltodextrin, Malic Acid, Citric Acid, Natural and Artificial Flavors, Silicon Dioxide, Sucralose, Acesulfame Potassium, FD&C Blue No. 2, FD&C Red No. 40

Allergy Warning: Made in a facility that also processes milk, soy, egg, sesame, peanuts, tree nuts, fish/crustaceans/shellfish oils, and wheat products.

QUALITY INGREDIENTS GUARANTEED cGMP

Directions: Formulated for maximum intensity. Take one serving of ***P.P.K.™*** with 10-12 oz of cold water 15-30 minutes prior to exercise. DO NOT exceed two servings in a 24 hour period. To avoid sleeplessness, do not consume within 5 hours of bedtime.

Exclusively manufactured in a cGMP facility in Canada for:
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