SUGGESTED USE: Consume 30 – 45 minutes prior to workout. To assess tolerance, mix a half-scoop of Pump Fuel® INSANITY with 8 oz. of cold water (adjust to desired taste) for the first 2 – 3 uses. If necessary increase dose to 1 heaping scoop. **FOR BEST RESULTS** take Pump Fuel® INSANITY on an empty stomach. To avoid sleeplessness do not take within 4 hours of bedtime. Limit use to no more than 1 serving (Heaping Scoop) in a 24-hour period. *To be used as part of a physical conditioning program.*

WARNING: KEEP OUT OF REACH OF CHILDREN. For use by healthy adults only. Not for use by those under the age of 18. Do not exceed recommended dose. Do not take if you are pregnant or nursing. Do not take if you are currently taking nitrates for chest pain or if you are taking erectile dysfunction medication. Before consuming seek advice from a health care professional if you are unaware of your current health condition. Do not consume synephrine or caffeine from other sources, including but not limited to, coffee, tea, soda and other dietary supplements or medications containing phenylephrine or caffeine. Contains caffeine. Do not use for more than 8 weeks. Consult with your physician prior to use if you are taking medication, including but not limited to MAOI inhibitors, antidepressants, aspirin, nonsteroidal anti-inflammatory drugs or products containing phylephrine, ephedrine, pseudoephedrine, or other stimulants. Consult your physician prior to use if you have a medical condition, including but not limited to, heart, liver, kidney, or thyroid disease, psychiatric or epileptic disorders, difficulty urinating, diabetes, high or low blood pressure, cardiac arrhythmia, recurrent headaches, enlarged prostate or glaucoma. 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 2 weeks prior to surgery or if you experience rapid heart beat, dizziness, severe headache or shortness of breath. **WARNING** for California residents only: This product contains a chemical known in the state of California to cause birth defects or other reproductive harm. Do not use if tamper resistant 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.

FitLife Brands, Inc. | 4509 South 143rd Street, Suite 1 | Omaha, NE 68137
For Professional Muscular Development and Product Questions: **PMDSports.com**

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XTREME PERFORMANCE XP

PUMP FUEL®

INSANITY

INSANE ENERGY INTENSE PUMPS®

ALL-IN-ONE PRE-WORKOUT

DIETARY SUPPLEMENT | NET WT 1.91 LBS. (870 G)

KRE-ALKALYN® PH-CORRECT CREATINE | CREATINE MagnaPower® | Nitrosigine® | CarnoSyn® | KINETIQ™

GONZO GRAPE

Natural and Artificial Flavor

NO GLUTEN NO LACTOSE NO PRESERVATIVES NO ASPARTAME NO YEAST

Supplement Facts

Serving Size 1 Heaping Scoop (29 g)
Servings Per Container 30

Amount Per Serving		%DV**
Calories	60	
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	16 g	5%
Dietary Fiber	0 g	0%
Sugars	1 g	†
Protein	0 g	0%
Vitamin C (as ascorbic acid)	125 mg	208%
Calcium (as calcium phosphate)	80 mg	8%
Phosphorus (as calcium phosphate)	62 mg	6%
Magnesium (as magnesium creatine chelate and oxide)	140 mg	35%
Chromium (as chromium picolinate)	50 mcg	42%
Sodium (as sodium chloride)	60 mg	3%
Potassium (as potassium citrate)	94 mg	3%

PUMP FUEL® INSANITY Blend	**24,677 mg (24.6 g) †**
RAPID ATP™ v.4 Blend	**3,000 mg (3.0 g) †**
Creatine (**Kre-Alkalyn®**),	1,500 mg
Magnesium Creatine Chelate (**Creatine MagnaPower®**)	1,500 mg
NITRO|PUMP™ Blend	**2,500 mg (2.5 g) †**
Pump Complex (L-Citrulline, Agmatine Sulfate)	2,000 mg
Arginine Silicate Inositol (**Nitrosigine®**)	500 mg
BETA|BURN™ Agent	**2,500 mg (2.5 g) †**
Beta-Alanine (**CarnoSyn®**)	
AMINO|ENERGY|FOCUS™ Blend	**1,139 mg (1.1 g) †**
Amino Complex: Taurine, L-Glutamine AKG, N-Acetyl-L-Glutamine, L-Glutamine, L-Isoleucine, L-Leucine, L-Valine	
Energy and Focus Complex: Caffeine Anhydrous (300 mg), *Citrus aurantium* Extract (Std. to P-Synephrine)(**KINETIQ™**), L-Carnitine L-Tartrate, Guanidinopropionic Acid, Phosphatidyl Serine, L-Tyrosine	
GLYCO|LOAD™ Blend	**15,538 mg (15.5 g) †**
Dextrin Complex (Maltodextrin, Dextrin), Waxy Maize, Glycerol Powder, 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, Malic Acid, Natural and Artificial Flavors, Silica, Sucralose, FD&C Red 40 Lake, Acesulfame Potassium, FD&C Blue 1 Lake. **Contains Soy. This product was produced in a facility that may also process ingredients containing milk, eggs, fish, shellfish, tree nuts, peanuts, wheat and soybeans.**

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KRE-ALKALYN® PH-CORRECT CREATINE | CREATINE MagnaPower® Creatine Magnesium Chelate | Now with Nitrosigine® Arginine Silicate | CarnoSyn® Carnosine Synthesizer | Now with KINETIQ™ | GLYCOCARN® | ArginoCarn®

XP OFFERS SUPPORT FOR

- *STRONG NITRIC OXIDE BOOST**
- *MAXIMUM POWER OUTPUT**
- *INSANE ENERGY AND FOCUS**
- *ENHANCED ENDURANCE**
- *QUICKER MUSCLE RECOVERY**

XTREME PERFORMANCE XP

ELITE ALL-IN-ONE PRE-WORKOUT FOR XTREME PERFORMANCE*

1.5 g Kre-Alkalyn® Creatine + 1.5 g Creatine MagnaPower® + 500 mg Nitrosigine® + 2.5 g CarnoSyn® Beta-Alanine

EXPERIENCE THE ULTIMATE LEVEL OF INSANE HYPERTROPHIC AND ANABOLIC MADNESS! IT IS BEYOND COMPREHENSION HOW HARD PUMP FUEL® INSANITY HITS!

CAUTION: PUMP FUEL® INSANITY IS FOR EXTREME AND HIGH STIMULANT SUPPLEMENT USERS ONLY!

PUMP FUEL® INSANITY, with **CLINICALLY STUDIED INGREDIENTS**, is a fierce pre-workout expertly formulated with all the crucial muscle-building and performance-enhancing ingredients needed for xtreme performance and maximum anabolic results. This elite pre-workout is built for **FULL THROTTLE WORKOUT EXPLOSIVENESS!** PUMP FUEL® INSANITY revs up your typical pre-workout by kicking things up a notch with an insanely intense energy factor. PUMP FUEL® INSANITY combines the high energy from a "concentrate" supplement with all the additional benefits of a fully loaded pre-workout, offering you the absolute best of both worlds. PUMP FUEL® INSANITY is an unparalleled and unmatched pre-workout that will give you that edge to take your performance and workouts to the next level.* **FUEL UP!**