

SUGGESTED USE: Consume 30 - 45 minutes prior to workout. To ensure tolerance into 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 nitrate 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 caffeine or caffeine from other sources, including but not limited to coffee, tea, soda and other dietary supplements or medications containing phosphatidylserine 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 phytylphosphine, sphingosine, pseudophosphatidylserine 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, recent hepatic, 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.**

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PUMP FUEL

INSANITY

INSANE ENERGY INTENSE PUMPS

ALL-IN-ONE PRE-WORKOUT

DIETARY SUPPLEMENT | NET WT. 1.05 LBS (476 g)

KRE-ALKALYN
Kre-Alkalyn® Creatine

CREATINE
MagnaPower®

Nitrosigine

CarnoSyn

KINETIQ

v.4

OUTRAGEOUS ORANGE
Natural and Artificial Flavors

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	18 g	3%
Dietary Fiber	0 g	0%
Sugars	1 g	1
Protein	0 g	0%
Vitamin C (as ascorbic acid)	125 mg	208%
Calcium (as calcium phosphate)	60 mg	6%
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)	65 mg	3%
Potassium (as potassium citrate)	64 mg	3%

PUMP FUEL™ INSANITY Blend

34,677 mg (24.6 g) †

RAPID ATP™ v4 Blend

3,000 mg (2.0 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, Arginine sulfate)

2,000 mg

Arginine Silicate (Insulin Nitrosigine®)

500 mg

BETA-BURN™ Agent

2,500 mg (2.5 g) †

Beta-Alanine (CarnoSyn®)

AMINO(ENERGY)POCUT™ Blend

1,100 mg (1.1 g) †

Amino Complex:

Taurine, L-Glutamine ASG, N-Acetyl L-Glutamine, L-Glutamine, L-Isoleucine, L-Leucine, L-Valine

Energy and Focus Complex:

Caffeine Anhydrous (500 mg), Citrus aurantium Extract (500 mg), L-Tyrosine (KINETIQ™), L-Carnitine L-Tartrate, Guanosinepropionic Acid, Phosphatidyl Serine, L-Tyrosine

GLYCO(CARN)™ Blend

15,500 mg (15.5 g) †

Dextrin Complex (Maltodextrin, Dextrin, Waxy Malt, Glycogen Powder, Glycine Propionyl-L-Carnitine HCl (GlycoCarn®), Acetyl L-Carnitine Arginate (DHC ArginineCarn®)

**Percent Daily Values (DV) based on a 2,000 calorie diet. 1 Daily Value (DV) not established.

Other Ingredients: Citric Acid, Malic Acid, Natural and Artificial Flavors, Silica, Sucralose, Acesulfame Potassium, FD&C Yellow 5 Lake, FD&C Yellow 6 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.

Kre-Alkalyn® is a registered trademark of Biochemical Research and Development Laboratory (BR&D), and is a US patented product (US patent #4,799,661). International patents pending. All rights reserved. Creatine MagnaPower® is a registered trademark of Ribose Laboratories, Inc. covered by U.S. patent #4,743,976. Nitrosigine® and the logo are registered trademarks of Nutrition 21, LLC, and is patent protected. Natural Alternatives International (NAI) is the owner of patents as listed on www.carnosyn.com and registered trademark CarnoSyn®. KINETIQ™ and its logo are trademarks of Novel Ingredients. GlycoCarn® and ArginineCarn® are registered trademarks of SynGene Health Science and are manufactured under USA production patent #5,008,462 and Worldwide production patent #EP1,029,956.

KRE-ALKALYN
Kre-Alkalyn® Creatine

CREATINE
MagnaPower®

Nitrosigine

CarnoSyn
Carnosyn® Beta-Alanine

KINETIQ

GLYCO(CARN)

ArginineCarn

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



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



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 extreme performance and maximum anabolic results. This elite pre-workout is built for **FULL THROTTLE WORKOUT EXPLOSIONS**. PUMP FUEL® INSANITY gives you your typical pre-workout by adding things up a notch with an insane intense energy factor. PUMP FUEL® INSANITY contains 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!