

WHAT DOES
SUPERPUMP™ MAX DO?

- INCREASES ENDURANCE CAPACITY †
- FIGHTS MUSCLE SORENESS AND FATIGUE†
- IMPROVES AMINO ACID UTILIZATION†
- ENHANCED WITH ELECTROLYTES FOR INCREASED HYDRATION†
- INGREDIENT DOSING BASED ON PUBLISHED RESEARCH STUDIES†

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Made in the USA from domestic and international ingredients. Developed and exclusively manufactured for Gaspari Nutrition, 575 Prospect St, Suite 301 Lakewood, NJ 08701 USA

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40 SERVINGS
4g CITRULLINE‡



4g LEUCINE‡
1g L-CARNITINE‡
‡PER 2 SCOOPS



DIETARY SUPPLEMENT Net Wt. 1.41lbs. (640g)

PINK LEMONADE NATURALLY & ARTIFICIALLY FLAVORED

Supplement Facts		
Serving Size 1 Scoop (16g) Servings Per Container 40		
	Amount Per Serving	% Daily Value*
Calories	10	
Total Carbohydrate	3g	1%
Vitamin C (as ascorbic acid)	30mg	50%
Niacin (as niacinamide)	79mg	396%
Vitamin B6 (as pyridoxine hydrochloride)	3.4mg	168%
Vitamin B12 (as methylcobalamin)	10mcg	167%
Calcium	38mg	4%
Phosphorus	69mg	7%
Magnesium	40mg	10%
Sodium	35mg	1%
SUPERPUMP™ MAX PROPRIETARY BLEND	11.3g	**
MYOVOL ELECTROHYDRATION COMPLEX **		
Taurine, Calcium Glycerophosphate, Sodium Glycerophosphate, Di-Magnesium Malate, Di-Potassium Phosphate, L-Alanyl-L-Glutamine (Sustamine®)		
NITRIC OXIENDURANCE COMPLEX **		
L-Citrulline (2g), L-Carnitine L-Tartrate, L-Ornithine L-Aspartate		
BRANCH CHAIN MTOR STIMULATION BLEND **		
L-Leucine (2g), L-Isoleucine, L-Valine		
PHOSPHODRIVE SIGNALING COMPLEX **		
Creatine Monohydrate (1.3g), Magnesium Creatine Chelate (Creatine Magna Power™)		
COGNIDRIVE ACCELERATION MATRIX **		
L-Tyrosine, Caffeine, Glucuronolactone		
*Percent Daily Values are based on a 2,000 calorie diet.		
**Daily Value not established.		

OTHER INGREDIENTS: Maltodextrin, Citric Acid, Natural & Artificial Flavors, Malic Acid, Silica, Sucralose, Acesulfame Potassium, Red Carminic Acid Powder (Color).

ALLERGENS: None known

WHAT KIND OF ATHLETE ARE YOU? That's the question you have to ask yourself when deciding which pre-workout product to use. And what is it you want out of that pre-workout product? Do you want to become stronger and throw more weight around in the gym? Do you want to look in the mirror and see the massive, lean and vascular physique you've always wanted? Do you want to step into the ring with the competition and destroy them? What kind of an athlete would you be if maximizing your genetic potential were not your goal? We have a feeling you know what we're talking about. This is why you have put your trust in a product name with over a half a decade of accolades and research. One that provides a TRUE ATHLETE like you with the latest and most advanced array of ingredients ever seen in a pre-workout powerhouse.

We rely on the ingredients backed by published studies and actually use them in the doses validated by those studies. In this regard, Gaspari's commitment is unmatched in terms of giving you the results you expect when spending your hard earned cash on a pre-workout product. So the question stands: "What type of an athlete are you"? Do you want a quality pre-workout product that will help you become bigger, stronger, and an absolute force to be reckoned with? Or will you sell yourself short in this most important time in your life with products that give you nothing more than a quick buzz, a hard crash, and potentially cause counterproductive results? How do you think a TRUE ATHLETE would answer that question? REAL ATHLETES train with MAX. Do you?

DIRECTIONS FOR USE: As a dietary supplement, take 1-2 scoops with 8-16oz. of cold water or juice (8oz. of fluid per scoop) 30-40 minutes prior to training. Important: For first time users take one (1) scoop for your first 2 or 3 workouts to allow your body to properly assimilate to SuperPump™ MAX's high dosage of nutrients. SuperPump™ MAX should be used on training days only.

CAUTION: SuperPump™ MAX contains CAFFEINE. Individuals sensitive to caffeine or other stimulants should start by using one (1) scoop per day before training to help assess their tolerance for the first 2-3 days. Do not exceed more than three (3) scoops at any given time under any circumstances.

IMPORTANT: To avoid sleeplessness, do not take within four hours of bedtime. Avoid taking any additional stimulants while taking SuperPump™ MAX. Though dramatic effects will be noticed in your very first workout, SuperPump™ MAX should be taken every training day to elicit its maximum effects. Taken as part of a proper exercise program and a diet rich in protein and carbohydrates, SuperPump™ MAX may help individuals reach their aesthetic, strength and energy goals. Individual results may vary according to genetic disposition and body weight. Consume a minimum of approximately 1 gallon of water a day. Most individuals will begin to feel its mental focus, energy and super pump effects within 15 minutes of ingestion; others within 15-45 minutes of ingestion. These effects tend to become progressively more pronounced every few minutes thereafter. SuperPump™ MAX will elicit its maximum energy and super pump effects within 1-6 hours after ingestion.

WARNING: Seek the advice of a health care practitioner before use, especially if you have any pre-existing medical condition(s) including (but not limited to): hypotension, hypertension, heart, liver, or thyroid disease, diabetes, psychiatric disease, asthma, pernicious anemia, anxiety, depression, seizure disorder, cardiac arrhythmia, stroke, difficulty urinating due to prostate enlargement, or if you are taking a MAO inhibitor or any other prescription drug(s). Do not use if you are pregnant or nursing. Reduce or discontinue use if excessive sleeplessness, tremors, dizziness, nervousness, headaches, or heart palpitations occur. For use by healthy adults only. Not intended for use by persons under the age of 18.† **User assumes all risks, liabilities, and consequences related to performance enhancing testing and use of this product.** † **KEEP OUT OF REACH OF CHILDREN.** Note: Do not store in direct sunlight, store in a cool dry place.

WARNING: FOR STATE OF CALIFORNIA RESIDENTS ONLY (California Proposition 65). This product contains a chemical known to the State of California to cause birth defects or other reproductive harm.

Sustamine® is a registered trademark of KYOWA HAKKO BIO Co., Ltd.

Creatine MagnaPower is a registered trademark of Albion Laboratories, Inc., covered by U.S. Patent 6,114,379 and patents pending.

Citrulline is covered under US Patents 5874471 and 6028107

SUSTAMINE™

†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.