

# Supplement Facts

Serving Size 1 Scoop (9 grams)  
Servings Per Container 25

Amount Per Serving	% Daily Value	
Vitamin D3 (as cholecalciferol)	10,000 IU	2,500%
L-Citrulline	3 g	**
Carnitine HCl	2 g	**
L-Tyrosine	1.5 g	**
Caffeine Anhydrous	250 mg	**
CDP Choline	50 mg	**
Yohimbe Bark Extract	5 mg	**
<b>LIPOSOMAL MATRIX DELIVERY SYSTEM (Proprietary)</b>	500 mg	
Phosphatidylcholine		**
Phytosterol		**

\*\* Daily Value not established.

**Other Ingredients:** Natural and artificial flavors, citric acid, malic acid, sucralose, acesulfame-K, and FD&C Blue No. 1.

Please read entire label before use.

**Suggested Use: USE ON TRAINING DAYS ONLY.** Take one (1) serving (1 scoop) approximately 15-30 minutes prior to training, blended into 6-8 ounces of cold water or beverage, or as suggested by a qualified healthcare practitioner. Important Note(s): Do not exceed one (1) serving (1 scoop) per training day. Avoid eating food or drinking a protein shake within an hour after consuming BAM!™. To avoid sleeplessness, do not take within four (4) hours of bedtime. Taking BAM!™ with food, or on a full stomach, may diminish its effects.

**Warnings:** Not intended for use by persons under age 18 or those sensitive to caffeine. Do not exceed recommended dose. Do not take for more than eight (8) consecutive weeks. Get the consent of a licensed physician before using this product, especially if you are taking medication, have a medical condition, you are pregnant, nursing or thinking about becoming pregnant. **DISCONTINUE USE TWO WEEKS PRIOR TO SURGERY. KEEP THIS PRODUCT AND ALL SUPPLEMENTS OUT OF THE REACH OF CHILDREN.**

**Caffeine warning:** The recommended serving of this product contains approximately as much caffeine as three cups of coffee. Do not consume caffeine, or combine with synephrine, including but not limited to coffee, tea, soda and other dietary supplements or medications containing phenylephrine or caffeine. Too much caffeine may cause nervousness, irritability, sleeplessness, and occasionally rapid heartbeat. Discontinue use if you experience dizziness, severe headache, rapid heartbeat or shortness of breath.

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**Manufactured for and Distributed By:**

BPI Sports, 3149 SW 42nd St. Suite 200. Hollywood, FL 33312.

To report an adverse event or for more information call: 954.926.0900 (tel).

\*The physicians, nutritionists, and trainers affiliated with the BPI Sports' Science & Medical Advisory Board approved this product, formula and research.

**\*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.**

† When combined with a proper exercise and nutrition regimen. Statements based on early-stage independent 3rd party *in vivo* and / or *in vitro* model scientific research data findings for individual ingredients.