

Getting to the top requires unrelenting discipline from within. The ancient Greeks called this "Endo" — meaning internal. We at BSN® call it ENDORUSH®, a pre-workout designed to help fuel the internal drive of performance athletes ready to rise to the challenge in front of them.

Armed with only the necessary compounds. Equipped with a 100% transparent label. ENDORUSH takes your training to the next level from start to finish with a no-nonsense formula of gym-tested ingredients. Featuring patented pump technology*. Experience explosive energy* and muscle swelling pumps*—all in just 1 scoop. Fuel the RUSH within and train without limits.

DIRECTIONS: Mix 1 scoop with 5–6 fl oz of water and consume 15–30 minutes prior to workout. To support hydration, drink plenty of water throughout your workout.

Total Caffeine from all sources is equal to 300 mg per serving.

WARNING: CONSULT YOUR PHYSICIAN BEFORE USING THIS PRODUCT IF YOU ARE TAKING ANY MEDICATIONS OR ARE UNDER A PHYSICIAN'S CARE FOR A MEDICAL CONDITION. NOT FOR USE BY THOSE UNDER THE AGE OF 18, WOMEN THAT ARE PREGNANT, TRYING TO GET PREGNANT, OR NURSING, OR THOSE THAT ARE SENSITIVE TO BETA-ALANINE, CAFFEINE OR NIACIN. DO NOT CONSUME CAFFEINE FROM OTHER SOURCES WHILE TAKING THIS PRODUCT AS TOO MUCH CAFFEINE MAY CAUSE NERVOUSNESS, IRRITABILITY, SLEEPLESSNESS, AND OCCASIONALLY RAPID HEARTBEAT. BETA-ALANINE AND NIACIN MAY CAUSE A HARMLESS, TEMPORARY TINGLING OR FLUSHING SENSATION.

DO NOT COMBINE WITH ALCOHOL. DO NOT EXCEED 1 SERVING WITHIN ANY 24 HOUR PERIOD. CONSUME AS PART OF A HEALTHY DIET AND EXERCISE PROGRAM, AND DRINK AT LEAST 100 FL OZ OF WATER PER DAY. EXERCISE MAY INCREASE YOUR NEED FOR FLUID INTAKE.

Store in a cool, dry place away from direct sunlight. Some hardening of product may occur and is normal when exposed to above average temperatures.

Contents sold by weight not volume.

Informed Choice is a quality assurance program for sports nutrition products. The program certifies that nutritional supplements that bear the Informed-Choice logo have been tested for banned substances by the world class sports anti-doping lab, LGC Limited.

INTENSE
ENERGY
& FOCUS*

PATENTED
PUMP
TECHNOLOGY*

100%
LABEL
TRANSPARENCY

BANNED
SUBSTANCE
TESTED

INFORMED-
CHOICE
.ORG
Trusted by sport



FINISH FIRST.®

ENDORUSH™

ENERGY & PERFORMANCE PRE-WORKOUT*

ISLAND
COOLER
NATURALLY &
ARTIFICIALLY FLAVORED

30
SERVINGS

Supplement Facts

Serving Size 1 Scoop (13 g)
Servings Per Container 30†

	Amount Per Serving	% Daily Value
Calories	5	
Total Carbohydrate	1 g	<1%**
Vitamin C (as Ascorbic Acid)	200 mg	222%
Niacin	30 mg	188%
Pantothenic Acid (as d-Calcium Pantothenate)	10 mg	200%
Calcium	70 mg	5%
Sodium	170 mg	7%
Potassium	160 mg	3%

Performance Composite*

Creatine Monohydrate	3 g	†
Beta-Alanine (as CarnoSyn®)	1.6 g	†
Black Pepper Extract (Piper nigrum)(fruit)(BIOPERINE®)	5 mg	†

Pump Matrix*

Velox™ Patented Performance Blend		
L-Arginine	1.5 g	†
L-Citrulline	1.5 g	†
Creatine Nitrate (NO3-T™)	1 g	†
Calcium Glycerophosphate	250 mg	†
Magnesium Glycerophosphate	250 mg	†

Energy & Focus Complex*

Caffeine (from green tea leaf and/or green coffee bean)	150 mg	†
Caffeine Anhydrous	150 mg	†
Longan Extract (fruit)(as Euphoria™)	150 mg	†
Yohimbe Extract (bark)	26 mg	†

** Percent Daily Values are based on a 2,000 calorie diet.

† Daily Value Not Established.

OTHER INGREDIENTS: Citric Acid, Natural and Artificial Flavor, Malic Acid, Silicon Dioxide, Calcium Silicate, Sucralose, Yellow 5 and 6.

MANUFACTURED BY: Bio-Engineered Supplements & Nutrition, Inc., 3500 Lacey Road, Suite 1200, Downers Grove, IL 60515 USA
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VELOX™ is a trademark for U.S. Patent No. 8,609,735 & 9,060,980 from KYOWA HAKKO BIO CO., LTD.

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CarnoSyn® Carnosine Synthesizer
CarnoSyn® trademark and patents owned by Natural Alternatives International, Inc.

BioPerine® is a registered trademark of Sabinsa Corporation.

MANUFACTURED IN THE USA
This product contains ingredients of international and domestic origin.

*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.



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DIETARY SUPPLEMENT NET WT 13.7 OZ (390 G)