



WARNING: DO NOT USE IF PREGNANT, NURSING, OR PLAN ON BECOMING PREGNANT. THIS PRODUCT IS INTENDED FOR USE BY HEALTHY ADULTS OVER THE AGE OF 18 AND SHOULD BE AVOIDED BY THOSE SENSITIVE TO CAFFEINE OR OTHER INGREDIENTS THAT HAVE KNOWN STIMULANT EFFECTS. Contains caffeine. Do not use this product continuously for more than 8 weeks. Do not combine with alcohol. Not intended for use by those with a medical condition. Use only as directed. Do not exceed recommended daily intake. 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. Consult a physician or licensed qualified health care professional prior to use if you are pregnant or nursing, or if you are taking medication, including, but not limited to MAO inhibitors, antidepressants, aspirin, nonsteroidal anti-inflammatory drugs or products containing phenylephrine, ephedrine, pseudoephedrine, or other stimulants, or 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 blood pressure, cardiac arrhythmia, recurrent headaches, enlarged prostate or glaucoma. Discontinue 2 weeks prior to surgery or if you experience rapid heartbeat, dizziness, severe headache or shortness of breath. DO NOT USE IF SAFETY SEAL UNDER CAP IS BROKEN. KEEP OUT OF REACH OF CHILDREN.

Store in a cool, dry place. Please recycle.

Manufactured exclusively for and distributed by:



ADVANCED NUTRITION
SYSTEMS, LLC
221 S. Cherokee St., Denver, CO 80223
www.advancedns.com

Item ANS-128 1.1



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HIGHLY CONCENTRATED PRE-WORKOUT†

PROVIDES **EXTREME ENERGY**, MENTAL FOCUS, AND **PUMPS**.†

ENHANCES WORKOUTS BY **DELAYING FATIGUE** WITH INGREDIENTS TO **MAXIMIZE ENDURANCE** AND STRENGTH.†



METHYL PUMP 3.0

CONCENTRATED PRE-WORKOUT

DIETARY SUPPLEMENT
60 SERVINGS
NET WT. 10.1 OZ (285 G)

ENERGY!



MUSCLE PUMPS!



ENDURANCE!



CHERRY LIMEADE
NATURALLY AND ARTIFICIALLY FLAVORED

SUGGESTED USE:

As a dietary supplement, adults mix each serving (1 scoop) with 6-8 oz of water 20-30 minutes prior to workout. Do not take more than 1 scoop daily. This product should not be taken in combination with other products containing caffeine or other stimulants. Do not take within six hours of bedtime. Please read the entire label before use.

Supplement Facts

Serving Size: 1 Scoop (4.75 g)
Servings Per Container: 60

	Amount Per Serving	% Daily Value
Calories	0	
Total Carbohydrate	<1 g	<1%*
Sugar	0 g	**
Methyl Pump Blend	3,200 mg	**
CarnoSyn® Beta Alanine, L-Citrulline DL Malate 2:1, Taurine, Caffeine Anhydrous (295 mg), L-Arginine HCl, Synephrine HCl, Norvaline, Rutacarpine, L-Arginine AKG, Arginine Sulfate, DiCaffeine Malate, N-Acetyl-H-Tyrosine, L-Histidine, Phosphatidyl Serine, Huperzine A (Huperzins serrata) extract. (Whole Herb)		

* Percent Daily Values are based on a 2,000 calorie diet.
** Daily Value not established.

OTHER INGREDIENTS: Natural & Artificial Flavors, Malic Acid, MaltoDextrin, Sucralose, Citric Acid, Calcium Silicate, Silicon Dioxide, Acesulfame Potassium, FD&C Red #40

CONTAINS: Soy

CarnoSyn® is a registered trademark of Natural Alternatives International, Inc.

MADE IN THE USA Proudly made in the USA with carefully selected 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.