

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*

FRUIT
PUNCH
NATURALLY &
ARTIFICIALLY FLAVORED

30
SERVINGS

DIETARY SUPPLEMENT NET WT 13.7 OZ (390 G)

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, Malic Acid, Natural and Artificial Flavor, Silicon Dioxide, Calcium Silicate, Sucralose, Tartaric Acid, Red 40.

MANUFACTURED BY:
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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.

NO3-T NITRATE TECHNOLOGY NO3-T® is a trademark of ThermoLife International, LLC. NO3-T.com/Patent.

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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