

PMP: PEAK MUSCLE PERFORMANCE

PMP™ by GAT delivers the next generation of intense pre-workouts. Blast through training plateaus and take your sports endurance and muscular output to the next level. Experience more massive pumps, laser-focus, and workout intensity. A powerful blend of clinically researched key ingredients formulated to deliver the ultimate in Peak Muscle Performance.*

MULTI-WAVE DELIVERY

■ **WAVE 1:** You will feel PMP's strong, muscle stimulating action. It ignites a high intensity workout and delivers critical performance nutrients to your muscles.*

■ **WAVE 2:** Increased concentration and razor sharp focus will hit you, helping your mind and body work in tandem for perfect execution of each and every action of your workout.

■ **WAVE 3:** As your workout intensifies, your muscles will expand from increased blood volume and you will feel skin tightening effects that keep your body fired up even after your workout ends. Experience explosive energy and improved performance.*

EXERCISE INTENSITY: Citrulline, Citrulline Malate and Beta Alanine (Carnosyn®) push your training to the max. The key compounds in PMP have been clinically researched for their benefits to athletic performance via increased blood flow, enhanced nutrient delivery, and improved muscular energy and endurance.*

COGNITIVE ENHANCERS: Clinically studied compounds N-Acetyl-Tyrosine and L-Theanine help you remain alert, intense, and mentally focused while you're going from set to set during your workout.*

PUMP DRIVERS: Clinically studied, vasodilating compounds Agmatine Sulfate, Glycerol Monostearate, and Calcium Lactate.*

Ideal Applications:
EXTREME SPORTS
BODYBUILDING
POWERLIFTING
BOXING
FOOTBALL
BASEBALL
BASKETBALL
SOCCER
COMBAT SPORTS
CROSS FUNCTIONAL

Note: One Serving contains 325 mg Caffeine.

PRE-WORKOUT

GAT
SPORT™

CLINICALLY
TESTED*
CREATINE FREE

PMP™

PEAK MUSCLE PERFORMANCE™

Intense Performance Gains & Mental Focus*
Muscle Energy & Rapid Vascular Muscle Pumps*

30 Servings Dietary Supplement Net Weight: 9oz. (255g)

Green Apple

Naturally and Artificially Flavored



CONCENTRATED FORMULA. CONTAINS NO FILLERS.

Supplement Facts

Serving Size: 8.5 g (1 scoop)
Servings Per Container: 30

	Amount Per Serving	% DV
Thiamine (as thiamine mononitrate)	20 mg	1333%
Niacin	25 mg	125%
Vitamin B-12 (as cyanocobalamin)	50 mcg	833%
Calcium (as calcium lactate)	26 mg	3%
Sodium (as sodium chloride)	78 mg	3%
NO Enhancers Beta-Alanine (Carnosyn®), L-Arginine Malate, L-Citrulline, L-Citrulline Malate, L-Norvaline	3.125 g	**
Pump Accelerators Agmatine Sulfate, Glycerol Monostearate, L-Arginine Alpha Ketoglutarate, Calcium Lactate	900 mg	**
PMP™ Focus & Cognition Modulators N-Acetyl L-Tyrosine, L-Theanine	700 mg	**
PMP™ Energetics Caffeine anhydrous, Acetyl L-Carnitine HCl	525 mg	**

** Daily Value (DV) not established.

Other Ingredients: Pineapple Fruit Powder, Citric Acid, Silicon Dioxide, Natural & Artificial Flavors, Acesulfame Potassium, Sucralose, FD&C Yellow #5 (Dye), FD&C Blue #1 (Dye), Dicalcium Phosphate.

Contains: Milk (from Calcium Lactate) Beta-alanine is licensed under one or more US patents (US, 965,596; 6,426,361; 7,504,376; and 8,067,381) owned by Natural Alternatives International, Inc. (NAI). NAI also owns the registered trademark CarnoSyr®.



"I stand firmly behind our unconditional 30-day money-back guarantee on all our products. Stay strong!"

Charles Moser
Charles Moser PRESIDENT & CEO

#COMPETE HARDER
TeamGAT.com



Manufactured for:
GAT Sport
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Monroe, CT 06468

Comments or questions?
Toll-Free
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or 1-203-880-5800

CarnoSyn
Carnosine Synthesizer
Natural Alternatives International (NAI) is the owner of patents as listed on www.carnosyn.com and registered trademark CarnoSyr®.

DIRECTIONS FOR USE:

Mix (1) scoop with 8-10 fl. oz. cold water. Consume 15-30 min before workouts. Do not take any other products that contain caffeine or any other stimulants while taking this product. Do not exceed (1) serving in any 24 hour period.

WARNING: Consult your health care professional before use. This product is strictly intended for use by healthy persons 18 years of age or older. Each serving (1 scoop) contains 325 mg of caffeine. Do not use if you are pregnant, nursing or trying to become pregnant. Do not use if you are currently unaware of your health status or if you have a medical condition. Do not use if you are taking prescription or non-prescription medication of any kind. Do not use if you are prone to overheating or dehydration. Discontinue at least 2 weeks prior to surgery or if you experience rapid heartbeat, dizziness, severe headache or shortness of breath. This product contains a chemical known to the State of California to cause birth defects or other reproductive harm. **KEEP OUT OF THE REACH OF CHILDREN**

*The statements on this label 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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