fuel your fitness

Bloom Nutrition's High Energy Pre-Workout blends natural caffeine^, L-Theanine, and Vitamins B6 & B12 for a boost of focused energy.

How to use: Mix ½-1 scoop into 8-12 fl. oz of water 15-30 minutes before your workout.



Our goal is to help you bloom into your best self.

– Mari Llewellyn, Co-Founder
@marillewellyn

@bloomsupps @bloom

NATURAL 220mg CAFFEINE^

ZERO SUGAR

NO ARTIFICIAL FLAVORS

Bloom™

high energy pre-workout

ROCKET BLAST

FLAVORED WITH OTHER NATURAL FLAVORS

ENERGY* METABOLISM*
FOCUS* PERFORMANCE*

25 servings
DIETARY SUPPLEMENT



Net Wt. 7.8oz (222.5g)

Supplement Facts

Serving Size: 1 Scoop (8.9g)
Servings Per Container: 25

Amount Per Serving		%DV
Calories	15	
Total Carbohydrate	1g	<1%†
Total Sugars	0g	
Includes 0g Added Sugars		0%†
Vitamin C (as ascorbic acid)	100 mg	111%
Vitamin B6 (as pyridoxine HCl)	35 mg	2,059%
Vitamin B12 (as cyanocobalamin)	30 mcg	1,250%
Sodium (as sodium chloride)	70 mg	3%
Performance Blend	4.68 g	††
L-Citrulline Malate, L-Citrulline, Beta-Alanine, Beet (root) extract		
Clean Energy & Focus Blend	1.26 g	††
L-Tyrosine, Green tea (leaf) extract (yielding 220 mg caffeine), L-Theanine, Rhodiola (*Rhodiola rosea*) (root) extract, Asian ginseng (*Panax ginseng*) (root) powder, Toothed clubmoss (*Huperzia serrata*) (whole plant) extract		
BioPerine® Black Pepper (*Piper nigrum*) seed extract	4 mg	††

†Percent Daily Values (DV) are based on a 2,000 calorie diet.
†† Daily Value (DV) not established.

Other Ingredients: Natural Flavors, Citric Acid, Calcium Silicate, Silicon Dioxide, Sucralose.

Distributed by: Bloom Nu LLC Austin, TX 78702 | 866.442.6866 | bloomnu.com
Manufactured in the USA with Globally Sourced Ingredients

Warning: KEEP OUT OF REACH OF CHILDREN. This product is not intended for individuals under 18 years of age, pregnant, nursing, contemplating pregnancy, or those sensitive to caffeine. If you have any medical conditions or you are currently using prescription or OTC medications, consult your physician before using this or any dietary supplements. Immediately discontinue use and contact a health care professional if you have any adverse reactions to this product. Do not consume more than one serving per day. Store in a cool, dry place.

* 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.

NO3-T® NITRATE TECHNOLOGY

NO3-T® is a registered trademark of Thermalife International, LLC. This product practices one or more patents listed at http://www.NO3-T.com/patents

BIOPERINE

BioPerine® is a registered trademark and patented product of Sabinsa Corporation

CA consumers scan QR code for Prop 65 warning.

*Caffeine derived from Green Tea Extract.

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