

**WARNING:** For use by healthy adults only, not recommended for persons under the age of 18. Do not use if you are pregnant or nursing. Individuals should not consume other caffeinated products in conjunction with this product. Seek advice from a healthcare professional before taking if you have any pre-existing medical condition to ensure it is safe to take this product. In case of accidental overdose, contact a poison control center immediately. Avoid alcohol and prescription stimulants while taking this product. Exceeding recommended serving will not improve results and may cause serious adverse health effects. Discontinue use and contact a licensed healthcare professional immediately if you experience an unusually rapid heartbeat, dizziness, severe headache, or shortness of breath. Discontinue use two weeks prior to surgery. Consult your physician prior to using this product if you are taking medication. Each serving contains about as much caffeine as 4 cups of coffee. Do not take close to bedtime.

**STORAGE INSTRUCTIONS:** Keep in a cool, dry place.  
**KEEP OUT OF THE REACH OF CHILDREN.**

Manufactured on shared equipment which also processes Egg, Wheat, Fish, Shellfish, Peanuts, Tree Nuts, Soy, Milk, and Sesame.

†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.

**WARNING:** This product contains chemicals known to the State of California to cause cancer and birth defects or other reproductive harm. For more information go to: [www.P65Warnings.ca.gov/food](http://www.P65Warnings.ca.gov/food)

EVERY BATCH TESTED FOR  
 POTENCY • PURITY • INTEGRITY



WITH INGREDIENTS OF INTERNATIONAL AND DOMESTIC ORIGIN

THUPER

RAW

DON'T BE A BUM. TRAIN HARD. SLEEP HARDER. ADD ANOTHER PLATE. LOVE YOUR MOM. NO REGRETS. STAY HUNGRY. DRINK YOUR WATER. FALL IN LOVE. SATURDAYS ARE FOR THE BOYS. DREAM BIG. NEVER QUIT. BE HONEST. TAKE RESPONSIBILITY. TAKE RISKS. DARE TO LEAD. OWN YOUR SH\*T. GET HUGE. GET SHREDDED. LIFT MORE. RUN FURTHER. JUMP HIGHER. REMEMBER TO LIVE, LAUGH AND ALL THAT BULL SH\*T. GET RAW. BE A THAVAGE.

# THUPER THAVAGE PRE-WORKOUT

DIETARY SUPPLEMENT

CITRUS GRAPEFRUIT

NATURALLY & ARTIFICIALLY FLAVORED

NET WT. 21.8 OZ (1.36 lbs) (618g)

20 SERVINGS



[ENERGY!]

[FOCUS!]

[PUMP!]

CHAMPION MENTALITY.

## Supplement Facts

Serving Size 1 Scoop (30.9g)  
 Servings Per Container 20

	Amount Per Serving	% Daily Value
Calories	5	
Total Carbohydrate	1g	<1%*
Sodium (as Himalayan Pink Sea Salt)	190mg	8%
Beta Alanine	6200mg	**
L-Citrulline	6000mg	**
Creatine Monohydrate	5000mg	**
Betaine Nitrate (NO3-T®)	2000mg	**
Taurine	2000mg	**
PeakO2 [Cordyceps (Cordyceps militaris), Reishi (Ganoderma Lucidum), King Trumpet (Pleurotus eryngii), Shiitake (Lentinula edodes), Lion's Mane (Hericium erinaceus), Turkey Tail (Trametes versicolor)]	1000mg	**
Agmatine Sulfate	1000mg	**
Alpha GPC (Alpha-Glycerol Phosphoryl Choline 50%)	500mg	**
Himalayan Pink Salt	500mg	**
Caffeine Anhydrous	400mg	**
Juniper (Juniperus Communis) Berry Extract	220mg	**
L-Theanine	200mg	**
Theobromine	100mg	**
Rauwolfia (Rauwolfia vomitoria) Root Extract	2.5mg	**

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



FORMULATED, TESTED & TRUSTED BY  
**CHRIS BUMSTEAD**  
 4X MR.OLYMPIA

**Suggested Use:** As a dietary supplement, take one (1) scoop with 8-12 fl oz of water. New users may wish to assess tolerance with ½ scoop.

**Other Ingredients:** Citric Acid, Malic Acid, Natural Flavor, Sucralose, Silicon Dioxide, Calcium Silicate, Acesulfame Potassium, Beet Root Powder (for color).



MANUFACTURED FOR RAW NUTRITION  
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