

**Suggested Use: DO NOT EXCEED TWO (2) SCOOPS PER DAY.**  
 Mix one (1) scoop of **BUM ESSENTIAL PRE** with 8-12 oz of water or beverage of choice. Start with one (1) scoop to assess tolerance. Advanced users mix 2 servings (2 scoops) in 12-16 oz of water or beverage of choice. Consume prior to exercise on training days.

**Warning:** THIS PRODUCT IS ONLY INTENDED FOR HEALTHY ADULTS, 18 YEARS OF AGE OR OLDER. Before using this product, consult a licensed qualified healthcare professional, especially if: you are taking any prescription or over-the-counter medications or other dietary supplements, or if you have, or have been treated for, diagnosed with or have a family history of, any medical condition. Immediately discontinue use and consult a licensed healthcare professional if you experience any adverse reaction to this product. Not for use by women that are pregnant, nursing, or trying to become pregnant. This product contains 200mg of Caffeine per serving and may not be suitable for individuals who are sensitive to caffeine. Do not consume caffeine from other sources while taking this product as too much caffeine may cause nervousness, irritability, sleeplessness, and occasionally rapid heartbeat. Discontinue use two weeks prior to surgery. Beta-Alanine may cause a harmless, temporary tingling sensation. Consuming this product within 4 hours of bedtime may cause difficulty sleeping.

Store in a cool, dry place.  
**KEEP OUT OF REACH OF CHILDREN.**  
**DO NOT USE IF SAFETY SEAL IS BROKEN.**

\*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).

V4 4/23



**MORE PUMPS\***



**FIERCE FOCUS\***



**INTENSE ENERGY\***

# BUM

**RAW**

# ESSENTIAL PRE-WORKOUT

DIETARY SUPPLEMENT

**BLUE RASPBERRY**

NATURALLY & ARTIFICIALLY FLAVORED  
 NET WT. 14.39 OZ. (4086g)

SERVINGS

**30**

## SUPPLEMENT FACTS

Serving Size 1 Scoop (13.6g)  
 Servings Per Container 30

	Amount Per Serving	% Daily Value
Vitamin B12 (as Methylcobalamin)	5 mcg	208%
Sodium	75 mg	3%
L-Citrulline	4 g	**
Beta Alanine	3.2 g	**
L-Tyrosine	2g	**
Taurine	1 g	**
Natural Caffeine (from Green Coffee Bean)	200 mg	**
Himalayan Pink Salt	200mg	**

\*\*Daily Value not established

**OTHER INGREDIENTS:** Citric Acid, Malic Acid, Natural and Artificial Flavors, Sucralose, Silicon Dioxide, Calcium Silicate, Spirulina Extract (color).

Manufactured for:  
**RAW Nutrition**  
 760 NW Enterprise Dr.,  
 Port Saint Lucie, FL 34986  
 772-266-9942 | [info@getrawnutrition.com](mailto:info@getrawnutrition.com)

**RAW**  
**ESSENTIAL PRE-WORKOUT**



Each Batch Tested For:  
 Potency / Purity / Integrity

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