

**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.

**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**



**RAW**

**BUM**

ESSENTIALS

# ESSENTIAL PRE-WORKOUT

DIETARY SUPPLEMENT

**CITRUS GRAPEFRUIT**

NATURALLY & ARTIFICIALLY FLAVORED  
NET WT. 14.49 OZ (411G)

30 SERVINGS



[ ENERGY! ]



[ FOCUS! ]



[ PUMP! ]

## SUPPLEMENT FACTS

Serving Size 1 Scoop (13.7g)  
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 Extract)	200 mg	**
Himalayan Pink Salt	200 mg	**

\*\*Daily Value not established

**Other Ingredients:** Citric Acid, Malic Acid, Natural Flavor, Silicon Dioxide, Sucralose, Calcium Silicate, Acesulfame Potassium.

**BUM**  
ESSENTIAL PRE-WORKOUT

FORMULATED, TESTED & TRUSTED BY  
**CHRIS BUMSTEAD**  
5X 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. Advanced users may take two (2) scoops.

**RAW**

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