

BUM

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.

HYDRATION ELECTROLYTE FORMULA DIETARY SUPPLEMENT



SUGGESTED USE:

Add one packet to 12-16 fl oz of water and stir. Drink when you start to feel heightened dehydration.

CONVENIENT
ON-THE-GO
PACKETS



NON-STIM
PERFORMANCE
FORMULA



OPTIMAL
ELECTROLYTE
RATIO



GREAT TASTE
& MIXES
EASILY

⁺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 that may be 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.

Store in a cool, dry place.

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



MANUFACTURED IN THE USA
WITH DOMESTIC AND
INTERNATIONAL INGREDIENTS



SUPPORTS MUSCLE
FUNCTION & ENDURANCE⁺

BLUE RASPBERRY

NATURALLY & ARTIFICIALLY FLAVORED
20 - 0.22 OZ. (6.1G) PACKETS | NET WT. 4.3 OZ. (122G)

20 SERVINGS

FORMULATED, TESTED & TRUSTED BY

CHRIS BUMSTEAD
4X MR.OLYMPIA



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HYDRATION⁺



PERFORMANCE⁺



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SUPPLEMENT FACTS

Serving Size 1 Packet (6.1g)
Servings Per Container 20

	Amount Per Serving	% Daily Value
Calories	5	
Total Carbohydrate	1 g	< 1%*
Vitamin C (as Ascorbic Acid)	50 mg	56%
Niacin (as Niacinamide)	2 mg	13%
Vitamin B6 (as Pyridoxine HCl)	1 mg	59%
Vitamin B12 (as Methylcobalamin)	1 mcg	42%
Calcium (from Calcium Citrate)	40 mg	3%
Magnesium (from Magnesium Bisglycinate Chelate)	30 mg	7%
Zinc (from Zinc Citrate)	2 mg	18%
Sodium (from Sodium Citrate)	230mg	10%
Potassium (from Potassium Citrate and Dipotassium Phosphate)	175 mg	4%
Taurine	1 g	**
Coconut Fruit Water Powder	500 mg	**

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

OTHER INGREDIENTS: Natural & Artificial Flavor, Citric Acid, Malic Acid, Bamboo Stem & Leaf Extract, Sucralose, Spirulina Extract (color).
Contains: Tree Nuts (Coconut)

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MANUFACTURED FOR RAW NUTRITION
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772.266.9942 | info@getrawnutrition.com

• BE A THAVAGE • STAY HYDRATED • BE A THAVAGE • STAY HYDRATED •