

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.

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.

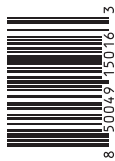
STORAGE INSTRUCTIONS: Keep in a cool, dry place.

KEEP OUT OF THE REACH OF CHILDREN.

†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

**RUM.
X
RAW**



V1 10/23

Nitrosigine®

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AstraGin®

AstraGin® is a registered trademark of NuLiv Science USA Inc.

RUM.

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X
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.

THAVAGE PRE-WORKOUT

DIETARY SUPPLEMENT

**BLACKBERRY
LEMONADE**

NATURALLY FLAVORED WITH OTHER NATURAL FLAVORS
NET WT. 18.34 OZ. (1.15 LBS.) (520g)

SERVINGS

40/20

CHAMPION MENTALITY.

SUPPLEMENT FACTS

Serving Size 1 Scoop (13g) / 2 Scoops (26g)
Servings Per Container 40 / 20

	Amount per 1 Scoop	%DV	Amount per 2 Scoops	%DV
Calories	5		10	
Total Carbohydrate	1g	<1%*	2g	1%*
Vitamin C (as Ascorbic Acid)	125mg	139%	250mg	278%
Vitamin B6 (as Pyridoxal-5 Phosphate)	5mg	294%	10mg	588%
Vitamin B12 (as Methylcobalamin)	50mcg	2083%	100mcg	4167%
Sodium (from Himalayan Pink Sea Salt)	95mg	4%	190mg	8%
Potassium (from Potassium Chloride and Nitrosigine®)	145mg	3%	290mg	6%
L-Citrulline	3g	**	6g	**
Beta Alanine	1.6g	**	3.2g	**
Betaine Anhydrous	1.25g	**	2.5g	**
L-Tyrosine	1g	**	2g	**
Taurine	1g	**	2g	**
Inositol-Stabilized Arginine Silicate (as Nitrosigine®)	750mg	**	1.5g	**
Agmatine Sulfate	500mg	**	1g	**
Coconut Fruit Water Powder	250mg	**	500mg	**
Alpha-Glycerol Phosphoryl Choline 50%	200mg	**	400mg	**
Caffeine Anhydrous	130mg	**	260mg	**
L-Theanine	75mg	**	150mg	**
Di-Caffeine Malate (delivering 23mg/45mg Caffeine)	32mg	**	64mg	**
Theobromine	25mg	**	50mg	**
AstraGin® (Astragalus membranaceus & Panax notoginseng) Root extracts	13mg	**	25mg	**
Huperzine A (H. serrata) (whole herb) Extract	50mcg	**	100mcg	**

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

**RUM.
X
RAW**

THAVAGE PRE-WORKOUT

Other Ingredients: Citric Acid, Malic Acid, Natural Flavor, Silicon Dioxide, Calcium Silicate, Sucralose, Acesulfame Potassium, Fruit and Vegetable Powder (color).

Contains Tree Nut (Coconut)

RAW

Manufactured by Raw Sport Supplement Company
760 NW Enterprise Dr, Port St. Lucie, FL 34986
772.266.9942 | info@getrawnutrition.com

Manufactured in a facility which processes Milk, Eggs, Fish, Shellfish, Tree Nuts, Peanuts, Wheat, Soybeans, and Sesame.

Each Batch Tested For:
Potency / Purity / Integrity

MADE IN THE USA

WITH INGREDIENTS OF INTERNATIONAL AND DOMESTIC ORIGIN