

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

EVERY BATCH TESTED FOR
POTENCY • PURITY • INTEGRITY

10.23



MANUFACTURED IN THE USA
WITH INGREDIENTS OF INTERNATIONAL AND DOMESTIC ORIGIN



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. †

THAVAGE PRE-WORKOUT

DIETARY SUPPLEMENT

RASPBERRY LEMONADE

NATURAL FLAVORS

NET WT. 18.06oz (1.13lbs) (512g)

40/20 SERVINGS



[ENERGY!]



[FOCUS!]



[PUMP!]

CHAMPION MENTALITY.

SUPPLEMENT FACTS

Serving Size 1 Scoop (12.8g) / 2 Scoops (25.6g)
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%
Chloride (as Himalayan Pink Salt)	149mg	7%	297mg	13%
Sodium (as Himalayan Pink Salt)	100mg	4%	200mg	9%
Potassium (from Nitrosigine®, Coconut Water Concentrate)	45mg	1%	90mg	2%
L-Citrulline	3g	**	6g	**
Beta Alanine	1.6g	**	3.2g	**
Betaine Anhydrous	1.25g	**	2.5g	**
L-Tyrosine	1g	**	2g	**
L-Taurine	1g	**	2g	**
Inositol-Stabilized Arginine Silicate (as Nitrosigine®)	750mg	**	1.5g	**
Agmatine Sulfate (as AgmaMax™)	500mg	**	1g	**
Coconut Water Concentrate (<i>Cocos nucifera</i>)	250mg	**	500mg	**
Alpha-Glycerol Phosphoryl Choline 50%	200mg	**	400mg	**
Caffeine Anhydrous	130mg	**	260mg	**
L-Theanine	75mg	**	150mg	**
Di-Caffeine Malate (Infinergy™)	32mg	**	64mg	**
Theobromine	25mg	**	50mg	**
AstraGin® (<i>Astragalus membranaceus</i> & <i>Panax notoginseng</i> root extracts)	12.5mg	**	25mg	**
Huperzine A (<i>Huperzia serrata</i>) (aerial parts)	50mcg	**	100mcg	*

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

BUM

THAVAGE PRE-WORKOUT

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, Silicon Dioxide, Natural Flavors, Sucralose, Beet Root Powder (for color), Acesulfame Potassium

RAW

Manufactured by Raw Sport Supplement Company
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AstraGin®

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