

SUGGESTED USE: As a dietary supplement, take one (1) serving (12 fl oz.). We recommend starting with one serving 30 minutes before training. Do not exceed one (1) servings within a 24 hour period.

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



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STRETCH EVERY DAY
(OR AT LEAST TELL YOURSELF YOU WILL)

THANK MOM & DAD
FOR GOOD GENETICS

[CHRISTOPHER'S SECRET STUFF]

ICE BATH
DAILY

GYM + SECRET STUFF = GAINS

pressure is
a privilege

No raGrets

CHAMPION
MENTALITY

NO CHEAT MEALS



3UM

RAW

THAVAGE
PRE
READY-TO-DRINK

DO YOUR
CARDIO

Dont walk in like you want it
walk in like you OWN IT

THAVAGE

HOW TO WIN
4 OLYMPIAS

1. TAKE 2 SCOOPS
2. TRAIN LIKE A THAVAGE
3. DON'T FORGET CALVES
4. NEVER SKIP LEG DAY

STAY
HUMBLE

STICK TO
THE BASICS
ABC 123

DIETARY SUPPLEMENT
Naturally Flavored
12 FL OZ (355ML)

~~THAVAGE~~
PRE-WORKOUT

~~3UM~~
RAW

SECRET
STUFF

CHAMPION MENTALITY

SUPPLEMENT FACTS

Serving Size: 1 Bottle (12 fl.oz.)
Servings Per Bottle: 1

	Amt. Per Serving	% Daily Value
Calories	5	<1%
Total Carbohydrates	1g	<1%
Chloride (from Potassium Chloride and Himalayan Pink Sea Salt)	390mg	17%
Sodium (as Himalayan Pink Salt)	160mg	7%
Potassium (as Potassium Chloride)	150mg	**
L-Citrulline	6g	**
Beta Alanine	3.2g	**
Betaine Anhydrous	2.5g	**
Taurine	2g	**
Agmatine Sulfate	1g	**
Caffeine Anhydrous	260mg	**
L-Theanine	150mg	**
DiCaffeine Malate (45mg Caffeine)	64mg	**
Astragin™ (Astragalus membranaceus, root, Extract)land (Panax notoginseng, root Extract)	25mg	**
Hyperzine A (Hyperzine serrata, whole plant)	100mcg	**

** Daily Value (DV) not established

Other Ingredients: Purified Water, Natural Flavors, Citric Acid, Himalayan Pink Sea Salt (Sodium Chloride), Natural Flavors, Potassium Chloride, Sodium Hexametaphosphate, Sucralose, Sodium Benzoate (preservative), Potassium Sorbate (preservative), EDTA Calcium Disodium Versenate.

Each serving contains approx. 300 mg of caffeine.

RAW

MANUFACTURED FOR RAW NUTRITION
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Manufactured on shared equipment which also processes Milk, Soy, Wheat, Egg, Fish, Shellfish, Tree Nuts, Peanuts, and Sesame.

Each Batch Tested For:
Potency / Purity / Integrity