

CHAMPION MENTALITY

LIFE IS SIMPLE WHEN YOU FOCUS ON THE ESSENTIALS.  
FAMILY, FRIENDS AND KILLER WORKOUTS.  
PRIORITIZE WHAT'S IMPORTANT, AND THE REST COMES TOGETHER.  
AND DON'T FORGET ABOUT GOOD FOOD...  
CARBS ARE NOT THE ENEMY; A GOOD BAGEL ON A BAD DAY CAN BRIGHTEN ANYBODY'S MOOD.

FORMULATED, TESTED & TRUSTED BY  
**CHRIS BUMSTEAD**  
5X MR.OLYMPIA *Bumstead*

EVERY BATCH TESTED FOR POTENCY · PURITY · INTEGRITY

**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 can expose you to chemicals including Lead, which is known to the State of California to cause cancer and birth defects or other reproductive harm. For more information go to: [www.P65Warning.ca.gov/food](http://www.P65Warning.ca.gov/food)

VI 04 2024  
8 50057 17551 6  
MANUFACTURED IN THE USA  
WITH INGREDIENTS OF INTERNATIONAL AND DOMESTIC ORIGIN  
LAB TESTED  
GMP PRACTICE  
/GETRAWNUTRITION  
WWW.GETRAWNUTRITION.COM  
FROM THE GROUND UP

# BUM

ESSENTIALS



## ESSENTIAL CHARGED

PRE-WORKOUT

**CITRUS GRAPEFRUIT**  
Naturally & Artificially Flavored  
Dietary Supplement • Net Wt. 14.33oz (0.9lb) (406.25g)

25 SERVINGS

[ MORE ENERGY<sup>†</sup> ] [ MORE FOCUS<sup>†</sup> ] [ PUMPS<sup>†</sup> ]



### Supplement Facts

Serving Size 1 Scoop (16.25g)  
Servings Per Container 25

	Amount Per Serving	% DV
Calories	40	
Total Carbohydrate	1g	<1%*
Vitamin B12 (as Methylcobalamin)	5 mcg	208%
Calcium	40 mg	3%
Sodium (from Himalayan Pink Salt)	75 mg	3%
L-Citrulline	6g	**
Beta Alanine	3.2g	**
L-Tyrosine	2g	**
Alpha-Glycerol Phosphoryl Choline 50% (Alpha-GPC)	400 mg	**
Caffeine Anhydrous	350 mg	**
Pink Himalayan Salt	200 mg	**
Dynamine™ (std. to 40% Methylherine)	156 mg	**
Theobromine	100 mg	**

\*Percent Daily Values are based on a 2000 calorie diet.  
\*\*Daily Value (DV) not established

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

**RAW** Manufactured For Raw Sport Supplement Company LLC.  
760 NW Enterprise Dr, Port St. Lucie, FL 34986  
772.230.5244 | [info@getrawnnutrition.com](mailto:info@getrawnnutrition.com)

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

# BUM

ESSENTIAL CHARGED PRE-WORKOUT

- RAW'S #1 SELLING PRE-WORKOUT WITH ENHANCED ENERGY AND FOCUS<sup>†</sup>
- WITH DYNAMINE™ TO HELP WITH COGNITIVE PERFORMANCE DURING MENTALLY DEMANDING TASKS<sup>†</sup>
- IMPROVED COGNITION AND FOCUS<sup>†</sup>

**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 1/2 SCOOP.



**DYNAMINE**  
is a registered trademark of ORTHO-NUTRA, LLC U.S.