

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**  
6X MR.OLYMPIA

EVERY BATCH TESTED FOR POTENCY • PURITY • QUALITY

**WARNING:** This product is intended for healthy adults 18 years of age or older. Do not take this product if you are pregnant, nursing, taking any prescription or over-the-counter medications, or if you have or suspect you may have a medical condition. Do not combine with alcohol or other caffeine containing products. Immediately discontinue use and consult a healthcare professional if you experience any adverse effects. Store in a cool, dry place. KEEP OUT OF 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.

⚠ **CA 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)

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MANUFACTURED IN THE USA  
WITH INGREDIENTS OF INTERNATIONAL AND DOMESTIC ORIGIN  
LAB TESTED  
GMP FACILITY  
/RAWNUTRITION  
WWW.GETRAWNUTRITION.COM  
FROM THE GROUND UP

# BUM

ESSENTIALS



## ESSENTIAL CHARGED

PRE-WORKOUT



**ICY LEMON SLUSH**  
Naturally & Artificially Flavored  
Dietary Supplement • Net Wt. 15.52oz (440g)

25 SERVINGS



### Supplement Facts

Serving Size 1 Scoop (17.6g)  
Servings Per Container 25

	Amt. Per Serv.	% DV*
Calories	10	
Total Carbohydrate	1 g	<1%
Vitamin B12 (as Methylcobalamin)	5 mcg	208%
Calcium (from Calcium Silicate)	45 mg	4%
Chloride (from Himalayan Pink Salt)	125 mg	5%
Sodium (from Himalayan Pink Salt)	80 mg	4%
L-Citrulline	6 g	**
Beta Alanine	3.2 g	**
L-Tyrosine	2 g	**
Alpha-GPC (Alpha-Glycerol Phosphoryl Choline 50%)	400 mg	**
Caffeine Anhydrous	350 mg	**
Himalayan Pink Salt	200 mg	**
Theobromine	100 mg	**
Dynamine™ (std. to 40% Methyliberine)	62.5 mg	**

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

Other Ingredients: Citric Acid, Natural Flavors, Malic Acid, Sucralose, Silicon Dioxide, Calcium Silicate, Acesulfame Potassium, Turmeric Powder (for Color).

Distributed by RAW SPORT SUPPLEMENT COMPANY LLC  
760 NW Enterprise Dr, Port St. Lucie, FL 34986 | [info@getrawnnutrition.com](mailto:info@getrawnnutrition.com)  
Manufactured on shared equipment that also processes: Milk, Soy, Egg, Wheat, Fish, Shellfish, Peanuts, Tree Nuts, and Sesame.



ESSENTIAL CHARGED PRE-WORKOUT

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

**Suggested Use:** Mix one (1) scoop with 8-12 fl oz of water and drink 30 minutes prior to training. To assess tolerance start with ½ scoop.



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

**WHY IS INFORMED SPORT IMPORTANT TO ATHLETES?**  
-Every lot of the RAW Pre-workout line is Informed Sport tested.  
-The Informed Sport program provides assurance that products have been tested for a wide range of substances prohibited in sport.



For more information please visit: [sport.wetestyourlot.com](http://sport.wetestyourlot.com)