

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 individuals 18 years of age or older. Do not use 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. 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.P65Warnings.ca.gov/food](http://www.P65Warnings.ca.gov/food)

11/1/25



MADE IN THE USA  
WITH INGREDIENTS OF INTERNATIONAL AND DOMESTIC ORIGIN



IG /RAWNUTRITION  
[WWW.GETRAWNUTRITION.COM](http://WWW.GETRAWNUTRITION.COM)

FROM THE GROUND UP

PER-FOR-MANCE /PƏR'FŌRMƏNS/

PER THE ACTION OR PROCESS OF CARRYING OUT OR ACCOMPLISHING AN ACTION, TASK, OR FUNCTION.

WHEN WE SET A GOAL AND BEGIN TRAINING, THAT'S WHEN OUR POTENTIAL FOR GROWTH IS AT ITS PEAK. THIS IS OFTEN WHEN WE SEE THE MOST RAPID PROGRESS, FUELING OUR PASSION FOR WHAT WE'RE DOING. THE HIGH RETURNS AND REWARDS FOR OUR EFFORTS REMIND US THAT CONSISTENCY AND HARD WORK LEAD TO PROGRESS.

ON THE OTHER HAND, INTERMEDIATE AND ADVANCED ATHLETES FACE THE CHALLENGE OF DIMINISHING RETURNS. THEY MUST INVEST MORE EFFORT AND TIME FOR SEEMINGLY SMALLER GAINS. BUT PERHAPS THIS ONGOING CHALLENGE IS WHAT KEEPS OUR LOVE FOR THE PROCESS ALIVE.

BUM

ESSENTIALS



# ESSENTIAL PERFORMANCE

NON-STIM TRAINING FORMULA



## SOUR CITRUS FREEZE

25 SERVINGS

Naturally & Artificially Flavored  
Dietary Supplement - Net Wt. 21.69 oz (615g)



[IMPROVES BLOOD FLOW DURING TRAINING\*]



[MORE STAMINA\*]



[STIM-FREE]

## Supplement Facts

Serving Size 1 Scoop (24.6g)  
Servings Per Container 25

	Amt. Per Serv	% DV
Calories	5	
Total Carbohydrate	1g	<1%*
Magnesium (from Magnesium Citrate)	50mg	12%
Sodium (from Sodium Citrate)	70mg	3%
L-Citrulline	6g	**
Creatine Monohydrate	5g	**
Beta Alanine	3.2g	**
Betaine Anhydrous	2.5g	**
L-Tyrosine	2g	**

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

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

Distributed by RAW SPORT SUPPLEMENT COMPANY LLC  
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Manufactured on shared equipment that also processes: Milk, Soy, Egg, Wheat, Fish, Shellfish, Peanuts, Tree Nuts, and Sesame.

# BUM

ESSENTIAL PERFORMANCE NON-STIM TRAINING FORMULA  
• BUM'S FIRST NON-STIM TRAINING FORMULA THAT MAINTAINS YOUR PERFORMANCE THROUGHOUT YOUR WORKOUT!  
• WITH CREATINE TO HELP WITH POWER OUTPUT DURING TRAINING AND RECOVERY!  
• WITH BETAINE TO HELP WITH OXYGEN UPTAKE, POWER, AND MUSCULAR STRENGTH!

**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.



WHY IS INFORMED SPORT IMPORTANT TO ATHLETES?  
-Every lot of the RAW Essential Performance 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.wetestyourtrust.com](http://sport.wetestyourtrust.com)