

**RAW****1.6g BETA ALANINE**  
PER SCOOP**3g L-CITRULLINE**  
PER SCOOP**1g TAURINE**  
PER SCOOP**CBUM'S SIGNATURE  
FORMULA. EXPLOSIVE  
PUMPS, ENDURANCE,  
LASER-SHARP  
FOCUS, AND ELITE  
PERFORMANCE.†**

**WARNING:** This product is intended for healthy adults 18 years of age or older. Do not take 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 use if you are prone to dehydration or exposed to excessive heat. Do not combine with alcohol or other caffeine-containing products. Consult a healthcare professional before use. Immediately discontinue use and consult a healthcare professional if you experience any adverse effects.

† 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)

**EVERY BATCH TESTED  
FOR POTENCY, PURITY,  
AND QUALITY.****CHRIS BUMSTEAD**  
6x OLYMPIA CHAMPION**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 BULLSH\*T.****GET RAW. BE A THAVAGE.****MANUFACTURED IN THE  
USA WITH INGREDIENTS  
OF INTERNATIONAL AND  
DOMESTIC ORIGIN.****SIGNATURE 02**

# THAVAGE PRE-WORKOUT

ADVANCED TRAINING FORMULA

CHRIS BUMSTEAD

**COTTON CANDY GRAPE · 40/20 SERVINGS**  
NATURALLY & ARTIFICIALLY FLAVORED**UNBREAKABLE  
FOCUS\*****CLEAN  
ENERGY\*****MAXIMUM  
PUMPS\***

DIETARY SUPPLEMENT • Net Wt. 17.71 oz (502g)

## Supplement Facts

Serving Size 1 Scoop (12.55g) / 2 Scoops (25.1g)  
Servings Per Container 40 / 20

	Per 1 Scoop Amount % DV*	Per 2 Scoops Amount % DV*
Calories	5	5
Total Carbohydrate	<1g <1%	1g <1%
Vitamin C (as Ascorbic Acid)	125mg 139%	250mg 278%
Vitamin B6 (as Pyridoxyl-5-Phosphate)	5mg 294%	10mg 588%
Vitamin B12 (as Methylcobalamin)	50mcg 2083%	100mcg 4167%
Sodium (from Pink Himalayan Salt)	100mg 4%	200mg 9%
Potassium (from Potassium Chloride and Nitrosigine®)	110mg 2%	220mg 5%
L-Citrulline	3g **	6g **
Beta Alanine	1.6g **	3.2g **
Betaine Anhydrous	1.2g **	2.5g **
Tyrosine	1g **	2g **
Taurine	1g **	2g **
Inositol-Stabilized Arginine Silicate (as Nitrosigine®)	750mg **	1.5g **
Agmatine Sulfate	500mg **	1g **
Coconut Fruit Water Powder ( <i>Cocos nucifera</i> )	250mg **	500mg **
Alpha-Glycerol Phosphoryl Choline 50%	200mg **	400mg **
Caffeine Anhydrous	130mg **	260mg **
L-Theanine	75mg **	150mg **
Di-Caffeine Malate (delivering 23mg/45mg Caffeine)	32mg **	64mg **
Theobromine	25mg **	50mg **
AstraGin ( <i>Astragalus membranaceus</i> and <i>Parax notoginseng</i> ) Root extracts	12.5mg **	25mg **
Huperzine A ( <i>H. serrata</i> ) (whole herb) extract	50mcg **	100mcg **

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

**Suggested Use:**

Mix one (1) scoop with 8-12 fl oz of water and drink 30 minutes prior to training.

Advanced users may increase to two (2) scoops as tolerated.

**Other Ingredients:**

Natural and Artificial Flavors, Citric Acid, Malic Acid, Silicon Dioxide, Sucralose, Calcium Silicate, Acesulfame Potassium, Fruit and Vegetable Powder (color).

**Distributed by RAW SPORT  
SUPPLEMENT COMPANY LLC**760 NW Enterprise Dr,  
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Manufactured on shared equipment that also processes: Milk, Soy, Egg, Wheat, Fish, Shellfish, Peanuts, Tree Nuts, and Sesame.

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