

800 Grams		Blue Raspberry Ice
Supplement Facts		
Serving Size 1 Scoop (20g)		
Servings Per Container 40		
Amount Per Serving		% Daily Value†
Calories	32	-
Calories From Fat	0	-
Total Fat	0g	0%
Saturated Fat	0g	0%
Trans Fat	0g	%
Cholesterol	0g	0%
Sodium	180mg	10%
Potassium	90mg	3%
Total Carbohydrate	8g	3%
Sugars	0g	0%
Protein	0g	0%
Vitamin B6 (as Pyridoxine HCL)	25mg	1,250%
Vitamin B12 (as Cyanocobalamin)	140mcg	2,333%
Folic Acid	420mcg	105%
Magnesium (Phosphate & Oxide)	350mg	90%
Phosphorus	280mg	28%
SuperPump250™ Proprietary Blend [Gaspari Nutrition Novel Compound #250 (Patent Pending)]	20,000mg	**
Anabolic Signaling Complex™ (Patent Pending)		
Glucose Polymer Blend, Creatine Monohydrat, NO2 Complex [L-Arginine Alpha-Ketoglutarate (A-AKG), L-Arginine Ketoisocaproate (A-KIC)], Guanipro™ (Guanidino Propionic Acid), Salicylic Acid 15%, American Ginseng Extract		
Lipolytic/Xtreme Focus Agent™ (Patent Pending)		
L-Tyrosine, Methylxanthines (Caffeine), NAC (N-Acetyl-Cysteine), N-Acetyl-Tyrosine, Glucuronolactone, Rhodiola Rosea Root Extract (Standardized To 5% Total Rosavins), Ginko Biloba Extract (Standardized To 24% Ginkosides & 6% Terpenes), Vinpocetine, Huperzine		
Myogenic Transcription Factor/Agonist™ (Patent Pending)		
Taurine, L-Leucine, L-Glutamine, L-Valine, L-Isoleucine, L-Citruline AKG, Turkesterone (11,20 Dihydroxyecdysone From Ajuga Turkestanica Extract), Choline Bitartrate		
Insulin Secretagogue Complex™		
Trimethylglycine, Indole-3-Carbinol, 4-Hydroxyisoleucine (From Fenugreek Seed Extract), Cinnamon Bark Extract (15% Cinnamic Aldehyde), Bacopa Monniera (Standardized For 20% Bacosides A & B)		
IntraSORB™ Rapid Absorption - Myo-Hydration Matrix		
Sodium Bicarbonate, Potassium Bicarbonate, Potassium Glycerophosphate, Magnesium Glycerophosphate, Alpha Lipoic Acid, BioPerine™		
† Percent Daily Values are based on a 2,000 calorie diet		
** Daily Values not established		
Other Ingredients		
Citric Acid, Magnesium Oxide, Sodium Phosphate, Malic Acid, Lecithin (Soybean), Potassium Phosphate, Xanthan Gum, Natural And Artificial Flavor, Magnesium Phosphate, Sucralose, Red Dye #40, Blue Dye #1		

Directions:**Recommended Use on Training Days:**

Take 1-3 scoops with 4-12 oz. of cold water or juice 30-40 minutes prior to training. Important: For first time users take one (1) scoop for your first 2 or 3 workouts to allow your body to properly assimilate SuperPump250's high dosage of nutrients. Consuming a small meal just prior to using SuperPump250™ can

also help first time users with assimilation. Caution: Individuals sensitive to stimulants should start by using one (1) scoop to help assess their tolerance. Do not exceed more than three (3) scoops at any given time.

Recommended Use on Non-Training Days:

Take 1 scoop with 4-8 oz. of cold water or juice.

Warnings: See the advice of a health care practitioner before use, especially if you have any preexisting or current medical condition or if you are taking any prescription drugs. Do not use if you are pregnant or nursing. Not intended for use by persons under the age of 18.