



Ingredient Dosing Based On
Published Research Studies†

NEW!

MUSCLE • ENDURANCE • ENERGY

PROMOTES
SKIN TEARING
MUSCLE PUMPS
AND EXPLOSIVE
WORKOUTS

SUPERPUMP MAX™

THE ULTIMATE PRE-WORKOUT
SUPPLEMENT EXPERIENCE‡

DIETARY SUPPLEMENT

WHAT DOES SUPERPUMP MAX DO?

- ▶ Increases Endurance Capacity†
- ▶ Fights Muscle Soreness and Fatigue†
- ▶ Enhances Nitric Oxide Levels and Vasodilation†
- ▶ Improves Amino Acid Utilization†
- ▶ Ingredient Dosing Based On Published Research Studies†



Manufactured for Gaspari Nutrition, Inc.
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Supplement Facts

Serving Size: 1 Scoop (16 g)
Servings Per Container: 40

Amount Per Serving	% Daily Value	
Calories	10	
Total Carbohydrates	3 g	1%†
Vitamin C (as ascorbic acid)	30 mg	50%
Vitamin B3 (as inositol hexanicotinate)	80 mg	400%
Vitamin B6 (as pyridoxal-5'-phosphate)	3 mg	168%
Vitamin B12 (as methylcobalamin)	10 mcg	167%
Calcium	39 mg	4%
Phosphorus	69 mg	7%
Magnesium	40 mg	10%
Sodium	30 mg	1%
Potassium	20 mg	1%

SUPER PUMP MAX Proprietary Blend 11.3 g

MyoVol ElectroHYDRATION Complex
L-Taurine, Calcium Glycero-phosphate, Sodium Glycero-phosphate, Sustamine™ (L-alanyl-L-glutamine), Di-Magnesium Malate, Potassium Phosphate

Nitric OxiENDURANCE Complex
L-Citrulline (2 g), Carnipure™ (L-Carnitine L-Tartrate), L-Ornithine-L-Aspartate, Beet Ext. (*beta vulgaris*) (root)

Branch Chain mTOR Stimulation Blend
L-Leucine (2 g), L-Isoleucine, L-Valine

PhosphoDRIVE Signaling Complex
Creatine Monohydrate (1.3 g), Creatine Magna Power® (magnesium creatine chelate), Setria® (L-glutathione reduced)

CogniDRIVE Acceleration Matrix
L-Tyrosine, Caffeine, Oxytropis Falcate Ext. (whole plant), Peak ATP™ (adenosine 5'-triphosphate disodium), Gluconolactone

† Percent Daily Values are based on a 2,000 calorie diet.

*Daily Value not established.

Other Ingredients: Maltodextrin, citric acid, natural & artificial flavors, malic acid, silica, sucralose, acesulfame potassium, FD&C Red No. 40.

‡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.

WHAT KIND OF ATHLETE ARE YOU? That's the question you have to ask yourself when deciding which pre-workout product to use. And what is it you want out of that pre-workout product? Do you want to become **STRONGER** and throw **MORE WEIGHT** around in the gym? Do you want to look in the mirror and see the massive, lean and vascular physique you've always wanted? Do you want to step into the ring with the competition and **DESTROY THEM**? What kind of an athlete would you be if maximizing your genetic potential were **NOT** your goal? We have a feeling you know what we're talking about. This is why you have put your trust in a product name with over a half a decade of accolades and research. One that provides a **TRUE ATHLETE** like you with the latest and most advanced array of ingredients ever seen in a pre-workout powerhouse. The original SuperPump250™ was arguably the best loved pre-workout product ever designed. However, research advances. This is why Rich Gaspari's commitment to making the **ABSOLUTE BEST** products is unwavering and why the best got even better with the creation of SuperPump MAX.

Gaspari Nutrition doesn't rely on cheap stimulant laden formulas, cleverly crafted to claim they contain high concentrations of beneficial ingredients in order to win your support. Those do nothing more than get you buzzed like a junkie and that's about it. We rely on the ingredients backed by **PUBLISHED STUDIES** and actually use them in the doses **VALIDATED** by those studies. In this regard, Gaspari's commitment is unmatched in terms of giving you the results you **EXPECT** when spending your hard earned cash on a pre-workout product. So the question stands, "What type of an athlete are you?" Do you want a quality pre-workout product that will help you become bigger, stronger, and an absolute force to be reckoned with? Or will you sell yourself short in this most important time in your life with products that give you nothing more than a quick buzz, a hard crash, and potentially cause counterproductive results? How do you think a **TRUE ATHLETE** would answer that question? **REAL ATHLETES** train with **MAX**. Do you?

DIRECTIONS FOR USE: As a dietary supplement, take 1-3 scoops with 8-24 oz. of cold water or juice (8 oz. of fluid per scoop) 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 to SuperPump MAX's high dosage of nutrients. SuperPump MAX should be used on training days only.

CAUTION: SuperPump MAX contains CAFFEINE. Individuals sensitive to caffeine or other stimulants should start by using one (1) scoop per day before training to help assess their tolerance for the first 2-3 days. Do not exceed more than three (3) scoops at any given time under any circumstances.

IMPORTANT: To avoid sleeplessness, do not take within four hours of bedtime. Avoid taking any additional stimulants while taking SuperPump MAX. Though dramatic effects will be noticed in your very first workout, SuperPump MAX should be taken every training day to elicit its maximum effects. Taken as part of a proper exercise program and a diet rich in protein and carbohydrates, SuperPump MAX may help individuals reach their aesthetic, strength and energy goals. Individual results may vary according to genetic disposition and body weight. Consume a minimum of approximately 1 gallon of water a day. Most individuals will begin to feel its mental focus, energy and super pump effects within 15 minutes of ingestion; others within 15-45 minutes of ingestion. These effects tend to become progressively more pronounced every few minutes thereafter. SuperPump MAX will elicit its maximum energy and super pump effects within 1-6 hours after ingestion.‡

WARNING: Seek the advice of a health care practitioner before use, especially if you have any pre-existing medical condition(s) including (but not limited to): hypotension, hypertension, heart, liver, or thyroid disease, diabetes, psychiatric disease, asthma, pernicious anemia, anxiety, depression, seizure disorder, cardiac arrhythmia, stroke, difficulty urinating due to prostate enlargement, or if you are taking a MAO inhibitor or any other prescription drug(s). Do not use if you are pregnant or nursing. Reduce or discontinue use if excessive sleeplessness, tremors, dizziness, nervousness, headaches, or heart palpitations occur. For use by healthy adults only. Not intended for use by persons under the age of 18.‡

If you are subject to testing for performance enhancing compounds or any type of drug testing do not use this product under any circumstances. User assumes all risks, liabilities, and consequences related to performance enhancing testing and use of this product.‡ **KEEP OUT OF REACH OF CHILDREN.** Note: Do not store in direct sunlight, store in a cool dry place.



Peak ATP® is a patented compound licensed to Gaspari Nutrition by T.S.I. Health Sciences, Inc. Setria® and Sustamine™ are registered trademarks of KYOWA HAKKO BIO Co., Ltd. Creatine MagnaPower is a registered trademark of Albin Laboratories, Inc. covered by U.S. Patent 6,114,379 and patents pending. Carnipure™ offers purest L-Carnitine and is a trademark of Lonza Ltd, Switzerland.