

PMP NON-STIM PRE-WORKOUT PUMP ACTIVATOR

Athletes want that feeling of blood rushing into the muscle during a high powered training session. »The sought after "Pump" is supported by key ingredients found in PMP to help boost performance during high intensity exercise and support healthy muscle function. These key components allow you to chase the PUMP ACTIVATION.

PMP has been fully dosed to optimise the pump by combining ingredients found to improve physical performance¹, muscle health² and help protect muscle cells from oxidative stress.³ PMP's proprietary combination contains ViNitrox™ a unique apple and grape polyphenol extracts, Glycerol, Citrulline, and also Creatine Monohydrate. Maintain good hydration through the day to maximise results. The ideal formula for those looking to breakthrough barriers day or night but without being over-stimulated.

EFFECTIV
SPORTS NUTRITION

Manufactured and Distributed in the EU by

EFFECTIV NUTRITION

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1. Creatine improves physical performance during short duration high intensity exercise.
2. Niacin contributes to the reduction of tiredness and fatigue, healthy energy metabolism and psychological function.
3. Vitamin C contributes to the protection of cells from oxidative stress.



EFFECTIV™

PMP

NON-STIM PRE-WORKOUT PUMP ACTIVATOR »

POWERED BY **VINITROX™**

30
SERVINGS

RASPBERRY ICE FLAVOUR



Net WT 285g

RECOMMENDED USE: Mix one serving (one scoop) in 150-200ml of water as desired. Use one to two servings approximately 15 minutes before exercise.

NUTRITION INFORMATION

Serving Size: 1 Scoop (9.5g)

Servings Per Container 30

	Per 9.5g serving	*RI per serving
Niacin (mg)	25	156%
Vitamin C (mg)	200	250%
Citrulline (mg)	3000	—
Creatine Monohydrate (mg)	3000	—
Glycerol Monostearate (mg)	1500	—
Apple & Grape Polyphenols Extract (ViNitrox)(mg)	250	—
Nutmeg Seed Extract (mg)	100	—

*RI = Reference intake
— RI Not Established

INGREDIENTS: Citrulline, Creatine Monohydrate, Glycerol Monostearate, Anti Caking Agent (Silicon Dioxide), Salt (Sodium Chloride), Grape (*Vitis vinifera*) and Apple (*Malus pumila*) Extracts (ViNitrox), Vitamin C (Ascorbic Acid), Flavouring, Nutmeg Seed Extract, Sweetener (Sucralose), Niacin (Niacinamide).

Do not exceed recommended intake. Do not use as a substitute for a varied and balanced diet and a healthy lifestyle. Store in a cool, dry place.
KEEP OUT OF REACH OF CHILDREN.

285g FOOD SUPPLEMENT WITH VITAMINS, HERBS, AMINOS & SWEETENER



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YOURSTRONG

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Suitable for Vegetarians.
Gluten Free.

Contents sold by weight, not volume.
Settling may occur.



ViNitrox is a registered trademark of NEXIRA

BEST BEFORE DATE & BATCH NUMBER SEE BASE