



## SuperPump 250 Gaspari Nutrition – Composição

### Ingredientes por serviço:

Vitamin B-6 (as Pyridoxine HCL) 25mg  
Vitamin B-12 (as Cyanocobalamin) 140mcg  
Folic Acid 420mcg  
Magnesium (Phosphate & Oxide) 350mg  
Phosphorus 280mg  
SuperPump 250 - Mistura própria: 20,000mg  
[Gaspari Nutrition Novel Compound #250  
(Patent Pending)]

-Anabolic Signaling Complex (Patent Pending): L-Arginine alpha-Ketoglutarate (A-AKG), L-Arginine Ketoisocaproate (A-KIC), Tri-Creatine Malate, Creatine Monohydrate, Guanipro™ (Guanidino Propionic Acid), American Ginseng Extract, White Willow Bark Extract (standardized to 15% Salicin).

-Lipolytic/Xtreme Focus Agent (Patent Pending): L-Tyrosine, NAC (N-Acetyl-Cysteine), N-Acetyl-Tyrosine, Glucuronolactone, Methylxanthines (Caffeine), 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-Citrulline AKG, L-Valine, L-Isoleucine, Acetyl-L-Carnitine, Turkesterone (11,20 Dihydroxyecdysone from Ajuga turkestanica Extract), Choline Bitartrate.

-Insulin Secretagogue Complex (Patent Pending): 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: Potassium Bicarbonate, Sodium Bicarbonate, Potassium Glycerophosphate, Magnesium Glycerophosphate, Alpha Lipoic Acid, Bioperine.

### Modo de tomar:

Dias de treino: Tomar 2 a 3 medidas de SuperPump 250 com 200 a 300ml de água, 30 a 45 minutos antes do treino, de preferência de estômago vazio. Para os melhores resultados evite consumir uma refeição com proteína 45m a 1h depois de tomar SuperPump 250. Não tome mais de 3 colheres.

Dias de não treino: Tome uma medida com 150 a 300ml de água.

