

**1**  
**SCOOP**

Start with 1/2 scoop. Assess your tolerance & adjust accordingly



energy\*



performance\*



focus\*

**2**  
**SHAKE**

Mix with 8-12 fl. oz of water using our shaker bottle for best results!

This way for rewards! ↘



@bloomsupps

**3**  
**SIP**

Enjoy 15-30 minutes before exercising for your best workout yet!

**Suggested Use:** Mix 1/2 scoop in 8-12 fluid ounces of water 15-30 minutes before exercising. Once tolerance has been assessed, you may use 1 scoop. Stay hydrated before and during your workout!

@bloomnu



**25 servings**  
DIETARY SUPPLEMENT

# Bloom

high energy pre-workout

**RASPBERRY LEMONADE**

FLAVORED



Net Wt. 7.3oz (207.5g)



## Supplement Facts

Serving Size: 1 Scoop (8.3g)  
Servings Per Container: 25

	Amount Per Serving	%DV
Total Carbohydrate	<1g	<1%*
Vitamin C (as ascorbic acid)	100 mg	111%
Vitamin B6 (as pyridoxine HCL)	35 mg	2,059%
Vitamin B12 (as cyanocobalamin)	30 mcg	1,250%
Calcium (as calcium silicate)	23 mg	2%
Sodium (as sodium chloride)	70 mg	3%
<b>Natural Performance Blend</b>	4,675 mg	†
L-Citrulline malate, L-citrulline, beta-alanine, beet root extract		
<b>Clean Energy &amp; Focus Blend</b>	1,262.5 mg	†
L-Tyrosine, green tea leaf extract (220mg caffeine), L-theanine, rhodiola root extract, Korean ginseng root, toothed clubmoss extract (whole plant)		
<b>Black Pepper Fruit Extract</b>	4 mg	†

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

**Other Ingredients:** Citric acid, natural and artificial flavors, silicon dioxide, acesulfame potassium, and sucralose.

Distributed by: Bloom Nutrition LLC, PO 1829 Venice, CA 90291  
Manufactured in the USA with Globally Sourced Ingredients - bloomnu.com

**Warning:** KEEP OUT OF REACH OF CHILDREN. Check with a qualified health care professional before taking this product if you are under 18 years of age, pregnant, nursing, or contemplating pregnancy. If you have any medical conditions or you are currently using prescription or OTC medications, consult your physician before using this or any dietary supplements. Immediately discontinue use and contact a health care professional if you have any adverse reactions to this product. Store in a cool, dry place.

\*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.



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