

Getting to the top requires unrelenting discipline from within. The ancient Greeks called this "Endo" — meaning internal. We, at BSN® call it ENDORUSH™, a pre-workout designed to help fuel the internal drive of performance athletes ready to rise to the challenge in front of them.

Experience power<sup>o</sup>, energy\* and focus\* delivered all in just 1 scoop as ENDORUSH™ takes your training to the next level from start to finish with a no-nonsense formula of gym-tested ingredients. Fuel the RUSH within and train without limits.

**DIRECTIONS:** Mix 1 rounded scoop (16.5 g) in 230 ml of cold water. Recommended consumption of 1 serving per day.

**NOTE:** To be used in a framework of a varied and balanced diet and healthy lifestyle. Food supplements are not to be used as a substitute for a varied diet. Do not exceed the recommended daily dose. Keep out of reach of children.

**WARNING:** CONSULT YOUR PHYSICIAN BEFORE USING THIS PRODUCT IF YOU ARE TAKING ANY MEDICATIONS OR ARE UNDER A PHYSICIAN'S CARE FOR A MEDICAL CONDITION. BSN® ENDORUSH™ IS ONLY INTENDED TO BE CONSUMED FOR HEALTHY ADULTS 18 YEARS OF AGE AND OLDER. NOT RECOMMENDED FOR PREGNANT OR BREASTFEEDING WOMEN, OR THOSE THAT ARE SENSITIVE TO BETA-ALANINE OR CAFFEINE. DO NOT CONSUME CAFFEINE FROM OTHER SOURCES WHILE TAKING THIS PRODUCT. BETA-ALANINE MAY CAUSE A HARMLESS, TEMPORARY TINGLING OR FLUSHING SENSATION. DO NOT CONSUME WITH ALCOHOL.

STORE IN A COOL, DRY PLACE. DO NOT REMOVE DESSICANT FROM PACKAGE.

BATCH NUMBER & BEST BEFORE END: SEE BOTTOM OF CONTAINER

\* NIACIN AND PANTOTHENIC ACID CONTRIBUTE TO NORMAL ENERGY YIELDING METABOLISM.

\* CAFFEINE CONTRIBUTES TO INCREASED ALERTNESS AND IMPROVED CONCENTRATION.

\* CREATINE INCREASES PHYSICAL PERFORMANCE IN SUCCESSIVE BURSTS OF SHORT-TERM, HIGH INTENSITY EXERCISE.

ENERGY\*  
& FOCUS\*

PERFORMANCE<sup>o</sup>

100%  
LABEL  
TRANSPARENCY

6.0 g  
PATENTED BLEND OF  
ARGININE:CITRULLINE\*

200 mg  
CAFFEINE\*

3.0 g  
CREATINE\*

2.0 g  
BETA-ALANINE\*

+ PER SERVING



E N D O  
**RUSH**™

ENERGY\* & PERFORMANCE<sup>o</sup> PRE-WORKOUT\*

BLUE  
RASPBERRY  
LEMONADE  
FLAVOUR

30  
SERVINGS

BANNED  
SUBSTANCE  
TESTED

Contains caffeine (200 mg / serving). Not recommended for children or pregnant women.

### Nutrition Information

Serving size: 1 rounded scoop (16.5 g)  
Servings per container approximately: 30

Typical Values	Per 16.5 g
Energy	155 kJ / 37 kcal
Niacin	32 mg (200%*)
Pantothenic Acid	6.3 mg (105%*)
Patented Blend of Arginine:Citrulline	6.0 g
L-Arginine	3.0 g
L-Citrulline	3.0 g
Creatine	3.0 g
Beta-Alanine as CarnoSyn®	2.0 g
Calcium Glycophosphate	200 mg
Caffeine	200 mg
Euphoria longana	150 mg
Lindera aggregata	100 mg
Black Pepper Extract	20 mg

\*Reference Intake

**INGREDIENTS:** Creatine Monohydrate, L-Arginine, L-Citrulline, Acid (L(+)-Tartaric Acid), Beta-Alanine as CarnoSyn®, Flavours, Anti-Caking Agents (Silicon Dioxide, Calcium Silicate), Calcium Glycophosphate, Caffeine, Euphoria longana Fruit Extract, Sweeteners (Sucralose, Acesulfame K), Lindera aggregata Root Extract, Spirulina Powder, Nicotinamide, Black Pepper Extract (Piper nigrum, Fruit), Calcium D-Pantothenate.

**CarnoSyn**  
Carnosine Synthesizer

Natural Alternatives International (NAI) is the owner of patents as listed on [www.canosyn.com](http://www.canosyn.com) and registered trademark CarnoSyn®.

INFORMED-CHOICE  
Trusted by sport

Informed Choice is a quality assurance program for sports nutrition products. The program certifies that nutritional supplements that bear the Informed-Choice logo have been tested for banned substances by the world class sports anti-doping lab, LGC Limited.

Bio-Engineered Supplements & Nutrition, Inc.  
4 Waterside, Citywest Business Campus,  
Dublin 24, Ireland



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RASPBERRY LEMONADE FLAVOUR READY TO MIX FOOD SUPPLEMENT POWDER WITH AMINO ACIDS, CAFFEINE, VITAMINS AND PLANT EXTRACTS, WITH SWEETENERS.

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