

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<sup>\*</sup> and focus<sup>\*</sup> 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<sup>\*</sup>  
& FOCUS<sup>\*</sup>

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

CHERRY  
LIMEADE  
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	153 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 Glycero-phosphate	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), Colour (Beetroot Red), Calcium Glycero-phosphate, Caffeine, Euphoria longana Fruit Extract, Sweeteners (Sucralose, Acesulfame K), Lindera aggregata Root Extract, 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.carnosyn.com](http://www.carnosyn.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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CHERRY LIMEADE FLAVOUR READY TO MIX FOOD SUPPLEMENT POWDER WITH AMINO ACIDS, CAFFEINE, VITAMINS AND PLANT EXTRACTS, WITH SWEETENERS.

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