



**ARNOLD**  
SCHWARZENEGGER  
SERIES

# ARNOLD IRON PUMP™

PRE-WORKOUT  
MUSCLE FORMULA

**WATERMELON**

NATURAL & ARTIFICIAL FLAVORS



**DIETARY SUPPLEMENT**  
NET WT. 6.35oz (180g)

**NEW!**

**SUPER N.O.  
FORMULA WITH  
ARGININE NITRATE\***

- SKIN-TEARING PUMPS AND VASCULARITY\*
- DELIVERS EXPLOSIVE ENERGY & INTENSITY\*
- AMPLIFIES STRENGTH, POWER & LEAN MASS\*

## Supplement Facts

Serving Size: 6 g

Servings Per Container: 30

	Amount Per Serving	% DV*
Calories	5	
<b>Total Carbohydrate</b>	<b>1 g</b>	<b>&lt;1%</b>
Vitamin C (as Ascorbic Acid)	250 mg	417%
Niacin (as Niacinamide)	60 mg	300%
Vitamin B6 (as Pyridoxine Hydrochloride)	15 mg	750%
Vitamin B12 (as Methylcobalamin)	25 mcg	417%
Calcium (as Calcium Silicate)	67 mg	7%
Sodium	5 mg	<1%

**NITRIC OXIDE BLEND 2,075 mg \*\***  
L-Arginine Nitrate, L-Glycine, Agmatine Sulfate, Beet Root (*Beta Vulgaris*) Extract High In Nitrates, L-Ornithine HCL, Hawthorn Berry (*Crataegus pinnatifida*) Powder.

**ENERGY & CNS BLEND 2,051 mg \*\***  
Choline Bitartrate, L-Tyrosine, Caffeine Anhydrous, Vinpocetine.

\*Percent Daily Value Based on a 2,000 Calorie Diet  
\*\*Daily Value Not Established

**Other Ingredients:** Natural & Artificial Flavors, Calcium Silicate, Glycine, Sucralose, Acesulfame Potassium.

**ALLERGEN WARNING:** This product was produced in a facility that may also process ingredients containing milk, eggs, fish, shellfish, tree nuts, peanuts, wheat, and soybeans.

**STORAGE CONDITIONS:** Store in a cool dry place.

**WARNING:** This product is only intended for use by healthy adults over 18 years of age. Consult your physician before using this product if you are taking any prescription or over the counter medications or supplements. Do not use this product if you are pregnant, expect to become pregnant or are nursing. Do not use this product if you are at risk or are being treated for any medical condition including, but not limited to: high or low blood pressure; cardiac arrhythmia; stroke; heart, liver, kidney or thyroid disease; seizure disorder; psychiatric disease; diabetes; difficulty urinating due to prostate enlargement or if you are taking a MAO inhibitor. Discontinue use and consult your health care professional if you experience any adverse reaction to this product. Do not exceed recommended serving size or suggested use.

**KEEP OUT OF REACH OF CHILDREN.**

\* 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.

## DIRECTIONS FOR IRON PUMP:

As a dietary supplement, mix one serving (1 scoop) with approximately 8-10 oz. of water 30 minutes prior to training.

## “SUPER NITRIC OXIDE” WORLD’S FIRST MOLECULARLY MODIFIED ARGININE\*

- THE PERFECT MUSCLE BUILDING AND PUMP PRE-WORKOUT FORMULA.\*
- ENGINEERED TO GIVE MASSIVE PUMPS, MUSCLE FULLNESS, VASCULARITY, AND EXPLOSIVE ENERGY.\*
- IRON PUMP™ IS A THROWBACK TO THE DAYS OF DEEP, WELL RESEARCHED, TRIALLED AND TESTED INGREDIENTS PROVEN TO BUILD MUSCLE.\*



**ARNOLD.COM**  
BUILD YOUR LEGACY™

EXCLUSIVELY DEVELOPED  
& MANUFACTURED FOR:  
MUSCLEPHARM® CORP.  
4721 Ironton St. Bldg A Denver, CO 80239 USA  
MADE IN A cGMP CERTIFIED FACILITY  
PACKAGED IN USA



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