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> PMD Sports Ultra Pump Fuel Insanity Pre-Workout and CG5 Creatine + L-Glutamine Powder Instruction Manual

## PMD Ultra Pump Fuel Insanity, CG5 Creatine + L-Glutamine

# PMD Sports Ultra Pump Fuel Insanity & CG5 Creatine + L-Glutamine Powder Instruction Manual

## 1. PRODUCT OVERVIEW

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This manual provides instructions for two distinct PMD Sports products: **Ultra Pump Fuel Insanity**, a pre-workout solution, and **CG5 Premium Creatine and L-Glutamine Powder**, a strength and recovery supplement. Both products are designed to support athletic performance and muscle development.

### Ultra Pump Fuel Insanity

Ultra Pump Fuel Insanity is an advanced pre-workout formulated with ingredients to support muscle building and performance. It aims to provide intense energy and focus for workouts. Each container offers 30 servings.

- **Intense Muscle Pumps:** Designed to elevate nitric oxide levels for enhanced muscle pumps during and after workouts.
- **Supercharged Mental Focus:** Contains an energy and focus complex to intensify concentration and alertness.
- **Enhanced Endurance:** Includes a Glyco, Load, and Absorption Blend for sustained energy throughout training.



Image 1.1: PMD Sports Ultra Pump Fuel Insanity Pre-Workout Powder, Tropical Orange Mango flavor.

## CG5 Premium Creatine and L-Glutamine Powder

CG5 combines five advanced forms of creatine with L-glutamine to support strength, performance, and recovery. It is formulated for optimal absorption and utilization without the need for a loading phase or causing bloat. Each container provides 60 servings.

- **Powerful Strength:** Features a blend of five creatine forms, including Creatine MagnaPower, to maximize creatine uptake.
- **Pre and Post Workout Recovery:** Supports muscle tissue minimization breakdown and improved protein metabolism with glutamine.



PROFESSIONAL MUSCULAR DEVELOPMENT



**CGG5**

**CREATINE + GLUTAMINE**

**STRENGTH AND RECOVERY\***

**CREATINE**  
*MagmaPOWER.*

**RECOVAMINE™**

**MAXIMUM  
SOLUBILITY**

**UNFLAVORED**

DIETARY SUPPLEMENT | **60 SERVINGS** | NET WT 11.2 OZ (318 G)



Image 1.2: PMD Sports CG5 Creatine + Glutamine Powder, Unflavored.

## 2. SETUP AND PREPARATION

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Both products are powdered supplements designed for easy mixing.

### General Preparation Guidelines:

1. Ensure you have a shaker bottle or a glass and a spoon for mixing.
2. Measure the recommended serving size using the scoop provided in the container.
3. Mix with 8-12 ounces (approximately 240-360 ml) of cold water or your preferred beverage. Adjust liquid amount to achieve desired consistency and taste.
4. Shake or stir thoroughly until the powder is fully dissolved.

## 3. OPERATING INSTRUCTIONS (USAGE)

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### Ultra Pump Fuel Insanity (Pre-Workout)

**Serving Size:** 1 scoop (29g)

**Directions:** Mix one (1) scoop with 8-12 ounces of cold water and consume approximately 20-30 minutes before your workout. Do not exceed one serving per day. Assess your tolerance before using a full scoop.



Image 3.1: Ultra Pump Fuel Insanity is designed for pre-workout consumption to enhance energy and focus.

### **CG5 Premium Creatine and L-Glutamine Powder**

**Serving Size:** 1 scoop (5.3g)

**Directions:** Mix one (1) scoop with 8-12 ounces of cold water or your favorite beverage. CG5 can be consumed before or after your workout, or at any time of day to support strength and recovery. For best results, consume daily.

# INCREASED STRENGTH



Image 3.2: CG5 supports increased strength and recovery, suitable for pre or post-workout use.

## 4. MAINTENANCE AND STORAGE

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Proper storage ensures the longevity and efficacy of your supplements.

- Store both Ultra Pump Fuel Insanity and CG5 in a cool, dry place.
- Keep the container tightly sealed when not in use to prevent moisture absorption.
- Avoid exposure to direct sunlight or excessive heat.
- Do not remove the desiccant packet (if present) from the container, as it helps absorb moisture.

## 5. TROUBLESHOOTING

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If you encounter any issues with your PMD Sports products, consider the following:

- **Difficulty Mixing:** If the powder does not dissolve easily, try using a shaker bottle with a mixing ball or screen. Ensure you add liquid first, then the powder.

- **Taste Adjustment:** If the flavor is too strong or too weak, adjust the amount of water or beverage used for mixing.
- **Digestive Discomfort:** Some individuals may experience mild digestive upset when first using new supplements. Start with a half serving to assess tolerance, then gradually increase to a full serving. Ensure adequate hydration throughout the day.
- **Lack of Expected Effects:** Individual responses to supplements can vary. Ensure you are following the recommended dosage and usage instructions. Consistent use, combined with a balanced diet and exercise program, is key.

If you experience any severe or persistent adverse reactions, discontinue use immediately and consult a healthcare professional.

## 6. SPECIFICATIONS

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### Ultra Pump Fuel Insanity

Specification	Detail
Brand Name	PMD
Item Form	Powder
Flavor	Tropical Orange Mango
Total Servings Per Container	30
Primary Supplement Type	Pre-Workout
Product Benefits	Intense Muscle Pumps, Supercharged Mental Focus, Enhanced Endurance
Diet Type	Gluten Free
Age Range Description	Adult

# TROPICAL ORANGE MANGO NATURAL AND ARTIFICIAL FLAVOR

<b>Supplement Facts</b>		<b>PUMP FUEL® INSANITY v.5 Blend</b>	
<b>Serving Size</b> 1 Scoop (31 g)		<b>28,754 mg (28.8 g) †</b>	
<b>Servings Per Container</b> 30			
	<b>Amount Per Serving</b>	<b>%DV</b>	
Calories	70		
Total Carbohydrate	12 g	4%**	
Total Sugars	<1 g	†	
Includes <1 g Added Sugars		1%	
Vitamin C (Ascorbic Acid)	125 mg	139%	
Calcium	10 mg	1%	
Magnesium (as Magnesium Creatine Chelate)	120 mg	29%	
Chromium (as Chromium Picolinate)	125 mcg	357%	
Sodium	10 mg	<1%	
Potassium (as Potassium Citrate)	150 mg	3%	
			<b>RAPID ATP™ Blend</b> <b>3,000 mg (3.0 g) †</b>
			Creatine (Kre-Alkalyn®) 1,500 mg (1.5 g) Magnesium Creatine Chelate (Creatine MagnaPower™) 1,500 mg (1.5 g)
			<b>NITRO PUMP™ XTREME Blend</b> <b>6,500 mg (6.5 g) †</b>
			L-Citrulline Malate 6,000 mg (6.0 g) Inositol-Stabilized Arginine Silicate (Nitrosigine®) 500 mg
			<b>BETA pH™ Blend</b> <b>5,700 mg (5.7 g) †</b>
			Beta-Alanine 3,200 mg (3.2 g) Betaine Anhydrous 2,500 mg (2.5 g)
			<b>AMINO ENERGY FOCUS UPTAKE Blend</b> <b>1,354 mg (1.4 g) †</b>
			<b>Amino Complex:</b> Taurine, L-Glutamine Alpha Ketoglutarate, N-Acetyl-L-Glutamine, L-Glutamine, L-Isoleucine, L-Leucine, L-Valine <b>Insane Energy Focus Complex:</b> Caffeine Anhydrous (325 mg), Yohimbe Bark Extract, L-Carnitine L-Tartrate, Phosphatidyl Serine, L-Tyrosine, <i>Huperzia serrata</i> Club Moss Extract (Std. 1% Huperzine A)(100 mcg)
			<b>GLYCO LOAD ABSORPTION Blend</b> <b>12,200 mg (12.2 g) †</b>
			<b>Dextrin Complex:</b> Maltodextrin, Dextrin, Waxy Maize, Glycerol <b>Insul Load™ Complex:</b> Alpha Lipoic Acid, Chromium Picolinate

**Other Ingredients:** Natural and Artificial Flavors, Silica, Sucralose, Acesulfame Potassium, Calcium Carbonate, FD&C Yellow 6, FD&C Red 40, FD&C Yellow 5. **CONTAINS: Soy.** **FREE OF: Gluten, Lactose, Preservatives, Aspartame, Yeast.**

## EXPLOSIVE ENERGY!

*“This stuff is amazing. I normally have a pretty high tolerance to these types of supplements and within 15 minutes after taking it I feel the effects start to kick in. This definitely gives me the Boost I need in the gym.”*

– Customer Review

Image 6.1: Detailed Supplement Facts for Ultra Pump Fuel Insanity.

## CG5 Premium Creatine and L-Glutamine Powder

Specification	Detail
Brand Name	PMD
Item Form	Powder
Flavor	Unflavored
Total Servings Per Container	60
Special Ingredients	Creatine, L-Glutamine
Product Benefits	Increase Strength & Improve Recovery
Diet Type	Gluten Free

Specification	Detail
Age Range Description	Adult

CG5® features 5 highly soluble forms of creatine, which allows for total muscle cell saturation without the loading phase typically required with less soluble forms of creatine.\*

## Supplement Facts

**Serving Size** 1 Scoop (5.3 g)  
**Servings Per Container** 60 Servings

	Amount Per Serving	%DV
Calories	5	
Magnesium (as Magnesium Creatine Chelate)	66 mg	16%
<b>CR5® Blend:</b>	<b>2.575 g</b>	<b>†</b>
<b>Creatine Blend:</b>	<b>2.5 g</b>	<b>†</b>
Magnesium Creatine Chelate ( <b>Creatine MagnaPower™</b> ), Creatine Citrate, DCreatine Malate, Creatine Alpha Ketoglutarate, Creatine Pyruvate		
<b>Endurance Agent:</b>	<b>75 mg</b>	<b>†</b>
Betaine Anhydrous		
<b>G5 Blend:</b>	<b>2.5 g</b>	<b>†</b>
L-Glutamine, L-Alanyl-L-Glutamine ( <b>Recovamine™</b> ), Glutamine Peptides, N-Acetyl Glutamine, Glutamine Alpha Ketoglutarate		

† Daily Value (DV) not established.

**Other Ingredients:** Silica. \ **FREE OF:** Lactose, Preservatives, Aspartame, Yeast. \ **Contains Wheat. Stimulant Free.** \ **Creatine MagnaPower™** is a trademark of Albion Laboratories, Inc. **Recovamine™** is a trademark of FitLife Brands, Inc. \ **Manufactured in accordance with current Good Manufacturing Practices (cGMP)**

## Support for Maximum Strength and Enhanced Recovery

Image 6.2: Detailed Supplement Facts for CG5 Premium Creatine and L-Glutamine Powder.

## 7. SAFETY INFORMATION AND WARNINGS

Please read all warnings and consult with a healthcare professional before using any dietary supplement.

- **FDA Disclaimer:** Statements regarding dietary supplements have not been evaluated by the Food and Drug Administration (FDA) and are not intended to diagnose, treat, cure, or prevent any disease or health condition.
- **Consult a Physician:** Always consult with a qualified healthcare professional before starting any new supplement regimen, especially if you are pregnant, nursing, have a pre-existing medical condition, or are taking any medications.
- **Keep Out of Reach of Children:** Store these products in a location inaccessible to children.
- **Do Not Exceed Recommended Dosage:** Adhere strictly to the serving suggestions provided on the product

label and in this manual. Exceeding the recommended dose does not improve results and may lead to adverse effects.

- **Allergen Information:** CG5 contains wheat. Individuals with allergies should review the ingredient list carefully.
- **Hydration:** Ensure adequate water intake when using creatine-containing products like CG5.

## 8. WARRANTY AND SUPPORT

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For specific warranty information or product support, please contact PMD Sports directly.

You can visit the official PMD Store for more information and contact options:[PMD Official Store](#)

Please have your product details, including the ASIN (B08YLHRV95), available when contacting support.