

CBUM Thavage Pre-Workout Peach Bum to Shut Summer Down

written by Mike Roberto | August 31, 2022

Chris Bumstead is back with *another* flavor of his insanely hot *CBUM Thavage Pre-Workout Supplement*. As part of a massive product and apparel drop, Raw Nutrition is keeping the Thavages stocked and loaded up.



At the end of August 2022, where end-of-year goals are now in sight, there's simply no time to be a *beach bum*. Instead, Chris and team do you one better:

CBUM Thavage Pre-Workout *Peach Bum*

Beach bums are out, CBUM *Peach Bum* is *in*!

This peach-flavored Thavage Pre-Workout is the latest hit in a recent string of releases from Raw Nutrition, which includes the insanely-loaded Thavage RTD Pre-Workout, a unique cucumber lime *Green Crush* Thavage flavor. Alongside Peach Bum, there's also a *restock* of the incredible *3PEAT* release if that's more your fancy.

We've got it listed below, and a reminder of the ingredient label that's been talk of the town:

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What is Peach Bum?

According to Raw Nutrition, this is *not* just a straight peach flavor. It combines **fresh mango** *and* **ripe peach** into a sensational end-of-summer flavor.

Thavage Pre-Workout Ingredients

Below is a refresher of the label, but you can always see our full write-up titled *Chris Bumstead's CBUM Thavage Pre Workout: A Pre Fit For Thavages*. Here's what you get in a full *two-scoop* dosage (there are 20 two-scoop servings per tub):

SUPPLEMENT FACTS				
Serving Size: 1 Scoop (13.4g)				
Servings Per Container: 40				
	Amount per 1 Scoop (13.4g)	%DV	Amount per 2 Scoops (26.8g)	%DV
Calories	5		10	
Total Carbohydrate	1g	<1%*	2g	1%*
Vitamin C (as Ascorbic Acid)	125mg	139%	250mg	278%
Vitamin B6 (as Pyridoxal-5 Phosphate)	5mg	294%	10mg	588%
Vitamin B12 (as Cyanocobalamin)	50mcg	2083%	100mcg	4167%
Sodium (as Himalayan Pink Sea Salt)	100mg	4%	200mg	9%
Potassium (from Potassium Chloride and Nitrosigine®)	105mg	2%	210mg	5%
L-Citrulline	3000mg	**	6000mg	**
Beta Alanine	1800mg	**	3200mg	**
Betaine Anhydrous	1250mg	**	2500mg	**
L-Tyrosine	1000mg	**	2000mg	**
Taurine	1000mg	**	2000mg	**
Inositol-Stabilized Arginine Silicate (as Nitrosigine®)	750mg	**	1500mg	**
Agmatine Sulfate	500mg	**	1000mg	**
Coconut Fruit Water Powder	250mg	**	500mg	**
Alpha-GPC (Alpha-Glycerol Phosphoryl Choline 50%)	200mg	**	400mg	**
Caffeine Anhydrous	130mg	**	260mg	**
L-Theanine	75mg	**	150mg	**
Bitter Orange (Citrus aurantium) Fruit Extract (6% Synephrine)	50mg	**	100mg	**
Di-Caffeine Malate (delivering 22.5mg Caffeine)	32mg	**	64mg	**
AstraGin® (Astragalus membranaceus & Panax notoginseng) Root extracts	12.5mg	**	25mg	**
Huperzine A (H. serrate) (whole herb) Extract	50mcg	**	100mcg	**

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

Other ingredients: Citric Acid, Natural Flavors, Malic Acid, Calcium Silicate, Silicon Dioxide, Sucralose, Acesulfame Potassium, Fruit and Vegetable Powder (color).
Contains Tree Nut (Coconut)

A pre fit for a Thavage – You're two-scoopin it, right?

- **L-Citrulline – 6000mg**

Primary Purpose: Nitric oxide pumps.

- **Beta Alanine – 3200mg**

Primary Purpose: Endurance.

- **Betaine Anhydrous – 2500mg**

Primary Purpose: Cell-volumizing ergogenic muscle builder.

- **L-Tyrosine – 2000mg**

Primary Purpose: Focus and vigilance.

- **Taurine – 2000mg**

Primary Purpose: Hydration-based endurance.

- **Nitrosigine (Inositol-Stabilized Arginine Silicate) – 1500mg**

Primary Purpose: Nitric oxide pumps and cognitive enhancement.

- **Agmatine Sulfate – 1000mg**

Primary Purpose: Added pumps.

- **Coconut Fruit Water Powder – 500mg**

Primary Purpose: Hydration.

- **Alpha-GPC (Alpha-Glyceryl Phosphoryl Choline 50%) – 400mg**



Primary Purpose: Focus.

- **Caffeine Anhydrous – 260mg (of 305 milligrams total)**

Primary Purpose: Wakeful energy.

- **L-Theanine – 150mg**

Primary Purpose: Calming focus.

- **Bitter Orange (Citrus aurantium) Fruit Extract (6% Synephrine) – 100mg**

Primary Purpose: Energy and increased fat oxidation.

- **Di-Caffeine Malate – 64mg (delivering 45mg caffeine out of 305 milligrams total)**

Primary Purpose: Longer-lasting energy.

- **AstraGin – 25mg**

Primary Purpose: Ingredient absorption amplification and gut health.

- **Huperzine A (H. serrata) (whole herb) Extract – 100 mcg**

Primary Purpose: Longer-lasting focus synergistic with Alpha-GPC.

Again, see our main **CBUM Thavage Pre-Workout** article for the details.

If you want to go back in time, you can also read our original interview with Chris Bumstead back when he was just an athlete with Revive MD, and then listen to our podcast with Chris after he became partner with Raw Nutrition.



All Thavage Flavors

Below is a list of all Thavage Pre-Workout flavors:

A peachy way to end August

Stealing some emojis from @getrawnnutrition's Instagram, this is part of one incredible end-of-August product and apparel drop:

- ☐ NEW FLAVOR: Peach Bum Thavage Pre-Workout
- ☐ RESTOCK: 3PEAT Thavage Pre-Workout
- ☐ NEW PRODUCT: RAW Peak 02
- ☐ RESTOCK: My Cookie Dealer Protein Cookies
- ☐ NEW APPAREL: 4 New Authentic RAW Designs
- ☐ NEW FLAVOR: Strawberry Lemonade Raw EAA

NEW FLAVOR: Strawberry Lemonade Raw Pump

NEW FLAVOR: Pineapple Raw Pre Extreme

Peach Bum and 3PEAT will get the most attention, but don't sleep on these *Strawberry Lemonade* EAA / Pump flavors either... and if you need even *more* caffeine, that new Pineapple flavor of *Pre Extreme* is ready for you too!

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