

POWERFUL ON THE E-WORKOUT PLANET†

STILL THE MOST POWERFUL ON THE PRE-WORKOUT PLANET†

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*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.

†Claims combined with a proper exercise and nutrition regimen. Statements based on early-stage independent 3rd party in vitro and / or in vivo models scientific research data. Receipts for individual ingredients.

Manufactured for and Distributed By:
BPI Sports, 3149 SW 42nd St, Suite 200,
Hollywood, FL 33312.
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WATERMELON FREEZE

NATURAL AND ARTIFICIAL FLAVORS

bpi
SPORTS

ULTRA CONCENTRATED ENERGY

NEW!

1MR™

ONE.MORE.REP™

MAY EXPERIENCE:

- ✔ **ULTRA CONCENTRATED PRE-WORKOUT†**
- ✔ **LEGENDARY PERFORMANCE†**
- ✔ **INCREASED STRENGTH†**

WARNING: This Potent Pre-Workout is Designed for Advanced Athletes Only. Increased Energy and Body Temperature can be expected. Please see side panel for suggested usage.

30
SERVINGS

DIETARY SUPPLEMENT
NET WT. 8.5 OZ (240 GRAMS)

Supplement Facts

Serving Size 1 Scoop (8 grams)
Servings Per Container 30

Amount Per Serving	% Daily Value
Niacin (as nicotinic acid) 25 mg	125%
1MR™ ULTRA CONCENTRATED BLEND (PROPRIETARY) 4.55 g **	
Caffeine anhydrous (300 mg), GABA (gamma-aminobutyric acid), L-Carnitine tartrate, Cocoa seed (theobromine), Yohimbe bark extract, CDP-Choline (Cytidine 5'-diphosphate choline), Gamma-butyrobetaine ethyl ester HCl.	
1MR™ ENDURANCE MATRIX **	
Taurine, Glycine, L-Aspartic acid, Inosine.	
** Daily Value not established.	

Other Ingredients: Natural and artificial flavors, citric acid, malic acid, sucralose, acesulfame-K, and FD&C Red No.40.

Please read entire label before use.

Suggested Use: USE ON TRAINING DAYS ONLY. Take one (1) serving (1 scoop) approximately 15-30 minutes prior to training, blended into 6-8 ounces of cold water or beverage, or as suggested by a qualified healthcare practitioner. **Important Note(s):** Do not exceed one (1) serving (1 scoop) per training day. Avoid eating food or drinking a protein shake within an hour after consuming 1MR™. To avoid sleeplessness, do not take within four (4) hours of bedtime. Taking 1MR™ with food, or on a full stomach, may diminish its effects.

Warnings: Not intended for use by persons under age 18 or those sensitive to caffeine. Do not exceed recommended dose. Do not take for more than eight (8) consecutive weeks. Get the consent of a licensed physician before using this product, especially if you are taking medication, have a medical condition, you are pregnant, nursing or thinking about becoming pregnant. **DISCONTINUE USE TWO WEEKS PRIOR TO SURGERY. KEEP THIS PRODUCT AND ALL SUPPLEMENTS OUT OF THE REACH OF CHILDREN.**

Caffeine warning: The recommended serving of this product contains approximately as much caffeine as three cups of coffee. Do not consume caffeine, or combine with synephrine, including but not limited to coffee, tea, soda and other dietary supplements or medications containing phenylephrine or caffeine. Too much caffeine may cause nervousness, irritability, sleeplessness, and occasionally rapid heartbeat. Discontinue use if you experience dizziness, severe headache, rapid heartbeat or shortness of breath.

Caution: 1MR™ contains the B vitamin niacin. Niacin may cause temporary flushing, tingling, skin reddening, and sensations of heat, especially if taken on an empty stomach. This is a common reaction.