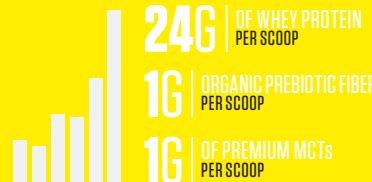


RYSE UP™ PROTEIN GUIDE



SUGGESTED USE: MIX 1 SCOOP WITH 6-8 OZ. OF WATER OR MILK. USE ANYTIME TO SUPPLEMENT YOUR PROTEIN INTAKE.

- BUILD[†]**
- RECOVER[†]**
- STRENGTH[†]**

ADVANCED BENEFITS OF RYSE UP LOADED PROTEIN™

@RYSE_SUPPS

WWW.RYSEUP.COM



TYPICAL AMINO PROFILE

ASPARTIC ACID	2.5
THREONINE	1.7
SERINE	1.0
GLUTAMIC ACID	3.9
GLYCINE	0.4
ALANINE	1.2
VALINE	1.3
ISOLEUCINE	1.5
LEUCINE	2.4
TYROSINE	0.6
PHENYLALANINE	0.7
HISTIDINE	0.4
LYSINE	2.1
ARGININE	0.5
PROLINE	1.4
CYSTINE	0.5
METHIONINE	0.5
TRYPTOPHAN	0.4
TOTAL AA (g)	23.1



SUPPLEMENTS

RYSE UP™



RYSE™

LOADED PROTEIN

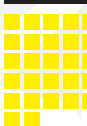
PREMIUM WHEY PROTEIN WITH MCTs

CINNAMON TOAST
NATURAL AND ARTIFICIAL FLAVOR



DIETARY SUPPLEMENT // NET WT. 907G (2LB.)

27
SERVINGS



24G

PREMIUM WHEY PROTEIN PER SERVING

WPI

WHEY ISOLATE AS PRIMARY PROTEIN SOURCE

1G

PREMIUM MCTs ADD FUEL TO YOUR PROTEIN

1G

ORGANIC PREBIOTIC FIBER TO AID IN DIGESTION

Supplement Facts

Serving Size: 33.6g (Approximately 1 scoop)
Servings Per Container: 27

Amount Per Serving	% DV
Calories	120
Calories from fat	15
Total Fat	2g 3%
Saturated Fat	1.5g 8%
Cholesterol	35mg 12%
Total Carbohydrate	3g 1%
Dietary Fiber	1g 4%
Sugars	1g *
Protein	24g 48%
Calcium	120mg 9%
Iron	.3mg 2%
Sodium	230mg 10%
Potassium	110mg 2%
Chloride	210mg 9%

*Percent Daily Values based on a 2,000 calorie diet
†Percent Daily Value Not Established

INGREDIENTS: Instantized Whey Protein Isolate, Instantized Whey Protein Concentrate, MCT Oil Powder, Organic Agave Inulin, Natural and Artificial Flavor, Cinnamon, Sodium Chloride, Gum Blend [cellulose gum, xanthan gum, carrageenan], Sucralose, Acesulfame Potassium

ALLERGEN WARNING: CONTAINS MILK, SOY

MANUFACTURED EXCLUSIVELY FOR RYSE UP SPORTS NUTRITION, 124 ROSE LANE #205, FRISCO, TX 75034

SUGGESTED USAGE: Mix one serving in 6-8. of cold water in a shaker or glass and consume anytime to supplement your protein intake.

WARNING: Ryse Up™ products are intended only for healthy adults over the age of 18. Do not use if you are currently pregnant or nursing, could be pregnant, or are attempting to become pregnant. Consult a licensed healthcare practitioner before using this product. Discontinue use and contact a doctor immediately if you experience an irregular or rapid heart beat, chest pain, shortness of breath, dizziness, lightheadedness, fainting or presyncope, tremors, headache, nausea, or other similar symptoms. If you are a performance athlete, please check with your sanctioning body prior to use to ensure compliance.

†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.

DETAILED MIX & USAGE INSTRUCTIONS

SHAKER BOTTLE PREPARATION INSTRUCTIONS



Add your desired amount of protein to a shaker with 6-8 ounces of water or milk per Loaded Protein™ serving and shake vigorously. Adjust your water usage to achieve your preferred sweetness level. If possible, always add Loaded Protein™ into a shaker already filled with water to ensure complete solubility.

GLASS AND SPOON PREPARATION INSTRUCTIONS



Loaded Protein™ is completely instantized, so you can easily mix a protein shake with as little as a glass and spoon if you're in a pinch. Add your desired amount of protein to a glass with 6-8 ounces of water or milk per Loaded Protein™ serving and stir gently with a spoon. If you prefer your shake to be on the sweeter side, slightly reduce the amount of water used per Loaded Protein™ serving. Conversely, if you'd like a less bold taste, consider adding more water at your next usage.

BLENDER PREPARATION INSTRUCTIONS



Add water and/or milk, a handful of ice cubes, your desired ingredients and your preferred servings of Loaded Protein™ into the blender. After closing the lid, blend for 20-30 seconds or until you reach your target consistency.