

RYSE UP™ PROTEIN GUIDE

25G | OF WHEY PROTEIN
PER SCOOP

1G | ORGANIC PREBIOTIC FIBER
PER SCOOP

1G | OF PREMIUM MCTs
PER SCOOP

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

16 | OF PREMIUM MCTs
PER SCOOP

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



1 BUILD[†]
2 RECOVER[†]
3 STRENGTH[†]

ADVANCED BENEFITS OF RYSE UP LOADED PROTEIN™



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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

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RYSE UP™

PB2® IS A REGISTERED TRADEMARK OF BELL PLANTATION, INC.

27
SERVINGS |

RYS  **TM**

LOADED PROTEIN

PREMIUM WHEY PROTEIN WITH MCTs

PEANUT BUTTER CUP
NATURAL AND ARTIFICIAL FLAVOR

DIETARY SUPPLEMENT // NET WT. 1044G (2.3LB)

SERVINGS | 27

25G

**PREMIUM WHEY PROTEIN
PER SERVING**

WPI

WHEY ISOLATE AS PRIMARY PROTEIN SOURCE

1G

**PREMIUM MCTs ADD
FUEL TO YOUR PROTEIN**

16

**ORGANIC PREBIOTIC FIBER
TO AID IN DIGESTION**

Serving Size: 38.7g (Approximately 1 scoop)
Servings Per Container: 27

Amount Per Serving		% DV
Calories	140	
Calories from fat	25	
Total Fat	2.5g	3%
Saturated Fat	1.5g	8%
Cholesterol	35mg	12%
Total Carbohydrate	5g	2%
Dietary Fiber	2g	7%
Sugars	1g	*
Protein	25g	50%
Calcium	120mg	9%
Iron	.8mg	4%
Sodium	260mg	11%
Potassium	200mg	4%
Chloride	210mg	9%

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

INGREDIENTS: Ingredients: Instantized Whey Protein Isolate, Instantized Whey Protein Concentrate, Powdered Peanut Butter, Alkalized Cocoa Powder, MCT Oil Powder, Organic Agave Inulin, Sodium Chloride, Gum Blend [cellulose gum, xanthan gum, carrageenan], Natural and Artificial Flavor, 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.

Instantized Whey Protein Concentrate, Powdered Peanut Butter, Sodium Chloride, Gum Blend [cellulose gum, xanthan gum, potassium sorbate, Potassium Sorbate]

NUTRITION, 124 ROSE LANE #205, FRISCO, TX 75034

water in a shaker or glass and consume immediately to

Healthy adults over the age of 18. Do not use if you are attempting to become pregnant. Consult a licensed physician and contact a doctor immediately if you experience shortness of breath, dizziness, lightheadedness, fainting or similar symptoms. If you are a performance athlete, consult your physician before use to ensure compliance.

Sold by the Food and Drug Administration. This product does not prevent any disease.

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