

RYSE UP™ PROTEIN GUIDE

25G WHEY PROTEIN
PER SCOOP

1G PREBIOTIC FIBER
PER SCOOP

1G PREMIUM MCTs
PER SCOOP

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™



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WHEY-01-111



TYPICAL AMINO PROFILE

ASPARTIC ACID	2.6
THREONINE	1.7
SERINE	1.1
GLUTAMIC ACID	4.2
GLYCINE	0.4
ALANINE	1.2
VALINE	1.5
ISOLEUCINE	1.6
LEUCINE	2.6
TYROSINE	0.7
PHENYLALANINE	0.8
HISTIDINE	0.4
LYSINE	2.2
ARGININE	0.6
PROLINE	1.4
CYSTINE	0.5
METHIONINE	0.5
TRYPTOPHAN	0.5
TOTAL AA (G)	24.5



RYSE UP™
SUPPLEMENTS

RYSE

LOADED PROTEIN

PREMIUM WHEY PROTEIN WITH MCTs

CINNAMON TOAST
NATURAL AND ARTIFICIAL FLAVOR

PROTEIN DRINK MIX // NET WT. 907G (2LB)



27

SERVINGS

25G

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

NUTRITION FACTS

About 27 servings per container

Serving size: Approximately 1 Scoop (33.6g)

Amount per serving
Calories 130

% Daily Value*

Total Fat	2.5g	3%
Saturated Fat	1.5g	8%
Trans Fat	0g	
Cholesterol	45mg	15%
Sodium	240mg	10%
Total Carbohydrate	3g	1%
Dietary Fiber	1g	4%
Total Sugars	1g	
Includes 0g Added Sugars		0%
Protein	25g	

Vitamin D	0mcg	0%
Calcium	130mg	10%
Iron	0.2mg	2%
Potassium	160mg	4%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: Instantized Whey Protein Isolate, Instantized Whey Protein Concentrate, Medium Chain Triglyceride Powder [medium chain triglycerides (from palm kernel and coconut oil), sodium caseinate (a milk derivative), contains 2% or less of each of the following: silicon dioxide, sunflower lecithin], Organic Agave Inulin, Natural and Artificial Flavor, Cinnamon, Salt, Gum Blend (cellulose gum, xanthan gum, carrageenan), Sucralose, Acesulfame Potassium

SUGGESTED USE: Mix one serving in 6-8 oz. 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.



MANUFACTURED EXCLUSIVELY FOR:
RYSE UP SPORTS NUTRITION
6644 ALL STARS AVE #140, FRISCO, TX 75033

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.

ALLERGENS: Milk, Soy