1 PUMP†
2 ENERGY†
3 STRENGTH†

ADVANCED BENEFITS OF RYSE UP LOADED PRE

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WWW.RYSESUPPS.COM

California Prop 65 Warning: This product may expose you to chemicals known to the state of California to cause cancer, birth defects or other reproductive harm. For more information, go to www.P65Warnings.ca.gov.

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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.

Fuel Your Greatness™

RYSE UP SUPPLEMENTS™

RYSE™

SOUR PUNCH®

LOADED PRE

SOUR GREEN APPLE

NATURAL AND ARTIFICIAL FLAVOR

DIETARY SUPPLEMENT // NET WT. 474 G (16.7 OZ.)

30 SERVINGS

INTENDED FOR HEALTHY ADULTS 18+

SEE BACK FOR FULL WARNING.

Supplement Facts

Serving Size 1 Scoop (15.8g)
Servings Per Container 30

	Amount Per Serving	%DV
Total Carbohydrates	1g	<1%*
Sodium	140mg	6%
Potassium	140mg	2%
L-Citrulline	4,500mg	**
Beta Alanine	3,500mg	**
Caffeine Anhydrous	300mg	**
Citicoline (as Cognizin®)	250mg	**
zümXR® Delayed Release Caffeine (std. min. 75% caffeine)	120mg	**
Theobromine	100mg	**
L-Theanine	50mg	**

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

Other Ingredients: Malic Acid, Citric Acid, Natural and Artificial Flavor, Silica, L-Tartaric Acid, Sodium Bicarbonate, Potassium Bicarbonate, Sucralose, Calcium Silicate, Spirulina Extract (for color), Edible Glitter [gum arabic, spirulina extract (for color), turmeric oleoresin (for color)], Turmeric (for color), Acesulfame Potassium.

Manufactured for: Ryse Up Sports Nutrition LLC, 631 Industry Way, Prosper, TX 75078
INFO@RYSESUPPS.COM / 1-855-RYSEUP1 (797-3871) / WWW.RYSESUPPS.COM

RYSE UP™ ENERGY GUIDE

390MG CAFFEINE
YIELDED PER SCOOP

250MG COGNIZIN®
PER SCOOP

4.5G L-CITRULLINE
PER SCOOP

SUGGESTED USE / MIX DIRECTIONS: MIX 1 LEVEL SCOOP WITH 10-12 OZ. OF WATER & CONSUME 15-30 MIN PRIOR TO EXERCISE. VARY AMOUNT OF LIQUID TO TASTE. **CAUTION: DO NOT EXCEED ONE SERVING PER DAY.**

BEGINNERS: TAKE 1/2 SCOOP TO ASSESS TOLERANCE

ZÜMXR® IS A REGISTERED TRADEMARK OF NANO PHARMACEUTICALS LABORATORIES, LLC. PATENTS AND PATENTS PENDING.

COGNIZIN® IS A REGISTERED TRADEMARK OF KYOWA HAKKO BIO CO., LTD.

MADE IN THE USA
WITH COMPONENTS OF DOMESTIC AND INTERNATIONAL ORIGIN

Sour Punch® is a Registered trademark of American Licorice Company ™ and © 2021 American Licorice Co.

FOR BATCH NUMBER AND USE BY DATE: SEE CONTAINER
STORE IN A COOL, DRY PLACE. BIOENGINEERED FOOD

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. CONTAINS CAFFEINE AND SHOULD NOT BE USED IN COMBINATION WITH ALCOHOL OR STIMULANTS FROM OTHER SOURCES.

Cognizin® zümXR®

KEEP OUT OF REACH OF CHILDREN.
INTENDED FOR HEALTHY ADULTS 18+