

**1 PUMP<sup>†</sup>**  
**2 ENERGY<sup>†</sup>**  
**3 STRENGTH<sup>†</sup>**

ADVANCED BENEFITS OF RYSE UP LOADED PRE



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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](http://www.P65Warnings.ca.gov).



†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.

*Keep your energy*

CONTAINS  
**325**  
 MG  
 CAFFEINE



**RYSE**  
**Kool-Aid**

**30**  
 SERVINGS

INTENDED FOR HEALTHY ADULTS 18+  
 SEE BACK FOR FULL WARNING.

GOOD SOURCE OF VITAMIN C

**Supplement Facts**

Serving Size 1 Scoop (14.2g)  
 Servings Per Container 30

	Amount Per Serving	%DV
Calories	5	
Total Carbohydrate	1g	<1%*
Vitamin C (as Ascorbic Acid)	9mg	10%
Sodium (as Sodium Citrate Dihydrate)	100mg	4%
Potassium (as Potassium Chloride)	100mg	2%
L-Citrulline	4,500mg	**
Beta Alanine	3,500mg	**
Caffeine Anhydrous	250mg	**
Citicoline (as Cognizin®)	250mg	**
zümXR® Delayed Release Caffeine (std. min. 75% caffeine)	100mg	**
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, Natural and Artificial Flavors, Citric Acid, Sucralose, Silicon dioxide, Calcium Silicate, Beet root (for color), Gum Acacia, 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**

**325MG 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.



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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+

**LOADED PRE**  
**TROPICAL PUNCH**

NATURAL AND ARTIFICIAL FLAVOR

DIETARY SUPPLEMENT // NET WT. 426 G (15.0 OZ.)

**RYSE UP**  
 SUPPLEMENTS™