

**1 BUILD**  
**2 RECOVER**  
**3 STRENGTH**

ADVANCED BENEFITS OF RYSE UP LOADED PROTEIN™

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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.

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*Keep your fitness*

RYSE UP SUPPLEMENTS™

**RYSE**

LOADED PROTEIN  
 PREMIUM WHEY PROTEIN WITH MCTs

**Strawberry SHORTCAKE ROLLS** NATURAL AND ARTIFICIAL FLAVOR

PROTEIN DRINK MIX // NET WT. 928G (2LB)

27  
 SERVINGS

**NUTRITION FACTS**  
 About 27 servings per container  
 Serving size Approximately 1 Scoop (34.2g)

Amount per serving		% Daily Value*
<b>Calories</b>	<b>130</b>	
<b>Total Fat</b>	2.5g	3%
Saturated Fat	1.5g	8%
Trans Fat	0g	
<b>Cholesterol</b>	45mg	15%
<b>Sodium</b>	240mg	10%
<b>Total Carbohydrate</b>	3g	1%
Dietary Fiber	1g	4%
Total Sugars	1g	
Includes 0g Added Sugars		0%
<b>Protein</b>	25g	
Vitamin D	0mcg	0%
Calcium	120mg	10%
Iron	0.2mg	0%
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, Salt, Gum Blend (cellulose gum, xanthan gum, carrageenan), Freeze Dried Strawberry Pieces, Sucralose, Acesulfame Potassium.

**ALLERGENS:** Milk, Soy, Tree Nuts (coconut)

LOADED PROTEIN  
 DESIGNED TO RYSE ABOVE



**SUGGESTED USE:** Mix one scoop (34.2g) of RYSE LITTLE DEBBIE Strawberry Shortcake Rolls® Flavored Protein with 6-8 oz. of water or beverage of choice. Consume anytime to supplement your protein intake. Vary amount of liquid to taste.



SHAKE IT, SPOON IT, BLEND IT, ENJOY!

How do you enjoy LITTLE DEBBIE Strawberry Shortcake Rolls® Flavored Protein? Shake it, spoon it or blend it! From blended protein smoothies to protein oats, there are countless ways to enjoy the delicious taste from our LITTLE DEBBIE Strawberry Shortcake Rolls® Flavored Protein.

**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.

**Strawberry SHORTCAKE ROLLS**

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