

**1** SIZE<sup>†</sup>  
**2** STRENGTH<sup>†</sup>  
**3** ENDURANCE<sup>†</sup>

**ADVANCED BENEFITS OF RYSE UP LOADED CREATINE**



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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.

*help you  
 feel your  
 best*



**RYSE**

**30**

SERVINGS



**Supplement Facts**

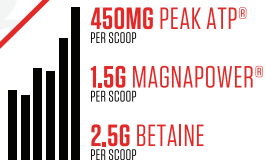
Serving Size 1 Scoop (10.7g)  
 Servings Per Container 30

	Amount Per Serving	%DV
Carbohydrates	1g	<1%*
Calcium (from calcium phosphate citrate)(as Calci-K®)	100mg	8%
Phosphorus (from calcium phosphate citrate)(as Calci-K®)	50mg	4%
Magnesium	120mg	30%
Sodium	95mg	4%
Potassium (from calcium phosphate citrate)(as Calci-K®)	90mg	2%
Creatine Monohydrate	4g	**
Betaine Anhydrous	2.5g	**
Magnesium Creatine Chelate (as MagnaPower®)	1.5g	**
Creatine HCl	750mg	**
Adenosine 5' Triphosphate Disodium (as Peak ATP®)	450mg	**

\*Daily Values Based on a 2,000 calorie Diet  
 \*\*Percent Daily Values (DV) Not Established

Other Ingredients: Silica, Calcium Silicate, Sodium Bicarbonate.

**RYSE UP™ STRENGTH GUIDE**



SUGGESTED USE: MIX 1 SCOOP OF LOADED CREATINE WITH 10-12OZ OF WATER OR YOUR FAVORITE BEVERAGE, FOR BEST RESULTS. CONSUME DAILY ON BOTH TRAINING AND NON-TRAINING DAYS WITH PLENTY OF WATER, VARY AMOUNT OF LIQUID TO TASTE.

DO NOT EXCEED 1 SERVING IN A 24-HOUR PERIOD.

USES OF ATP ARE LICENSED TO RYSE UP SPORTS NUTRITION LLC UNDER U.S. PATENT #7,629,329 AND #7,671,038.

CALCI-K® AND CREATINE MAGNAPOWER® ARE REGISTERED TRADEMARKS OF BALCHEM CORPORATION OR ITS SUBSIDIARIES



[ MUSCLE BUILDING FORMULA ]



1100030141

**RYSE UP**  
 SUPPLEMENTS™

**LOADED CREATINE**

**UNFLAVORED**

NATURAL AND ARTIFICIAL FLAVOR

DIETARY SUPPLEMENT // NET WT. 321 G (11.3 OZ.)



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

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.

CREATINE  
 MAGNAPOWER.

PEAK ATP®

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

†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.