

DESIGNED TO RYSE ABOVE
+ FUEL YOUR GREATNESS.

0g
SUGAR

22g
PROTEIN

100
CALORIES

Nutrition Facts

20 servings per container
Serving size 1 Scoop (29g)

Amount per serving
Calories **100**
% Daily Value*

Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 25mg	1%
Total Carbohydrate 1g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 22g	44%
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0.1mg	0%
Potassium 40mg	0%

* 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: Whey Protein Isolate, Citric Acid, Natural Flavor, Malic Acid, Sucralose, Sodium Citrate, Potassium Citrate, Acesulfame Potassium, Silicone (Anti-Foam), Turmeric (Color).

Contains Milk

NOTICE: Significant product settling may occur. Contents sold by weight not volume.

MANUFACTURED FOR: RYSE UP SPORTS NUTRITION, LLC.,
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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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MIX 1 SCOOP WITH
10-16 OZ OF WATER



SHAKE
WELL!



LET STAND FOR 30
SECONDS & ENJOY!

SUGGESTED USE: Mix one scoop (29g) of RYSE CLEAR Country Time™ Lemonade Flavored Protein with 10-16 oz. of cold water (with or without ice). After mixing, wait 30-60 seconds for the natural foaming to settle and then enjoy your refreshing protein packed juicy beverage!

Consume anytime to supplement your protein intake. Vary amount of liquid to taste.

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.

**STORE IN A COOL, DRY PLACE.
FOR BEST TASTE, DRINK COLD.**

INTENDED FOR HEALTHY ADULTS 18+

LIGHT, JUICY & FRESH.



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