

1 PUMP[†]
2 ENERGY[†]
3 STRENGTH[†]



*Keep your
 fresh
 are fitness™*

ADVANCED BENEFITS OF RYSE UP LOADED PRE



FOLLOW US ON SOCIAL @RYSE_SUPPS

< SCAN ME



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.



CLIPPER330329W-1

†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.

RYSE UP
 SUPPLEMENTS™

RYSE™

SOUR PUNCH

LOADED PRE
 SOUR WATERMELON

NATURAL AND ARTIFICIAL FLAVOR

DIETARY SUPPLEMENT // NET WT. 4.95 G (15.3 OZ.)



30

SERVINGS



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

Supplement Facts

Serving Size 1 Scoop (14.5g)
 Servings Per Container 30

	Amount Per Serving	%DV
Calories	10	
Total Carbohydrate	2g	<1%*
Vitamin C (as Ascorbic Acid)	9mg	10%
Choline (as Choline L(+) Bitartrate)(VitaCholine®)	200mg	35%
Sodium (from TriSodium Citrate)	100mg	4%
Potassium (from Potassium Chloride)	100mg	2%
L-Citrulline	4,500mg	**
Beta Alanine	3,500mg	**
Choline L(+) Bitartrate (VitaCholine®)	500mg	**
RYSE® ENERGY FUEL	300mg	**
Caffeine Anhydrous	270mg	**
zümXR® Delayed Release Caffeine	30mg	**
Theobromine	100mg	**
L-Theanine	50mg	**

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

Other Ingredients: Natural and Artificial Flavor, Citric Acid, Malic Acid, L-Tartaric Acid, Sucralose, Silica, Calcium Silicate, Vegetable Juice (for color), Acesulfame Potassium.

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

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.



RYSE UP™ ENERGY GUIDE

500MG VITACHOLINE®
 PER SCOOP

300MG CAFFEINE
 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.

VITACHOLINE® IS A REGISTERED TRADEMARK OF BALCHEM CORPORATION.



Sour Punch® is a registered trademark of American Licorice Company™ and © 2025 American Licorice Co.

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

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