

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 FORMULA

Little Debbie
**pumpkin
spice Rolls**

NATURAL AND ARTIFICIAL FLAVORS

PROTEIN DRINK MIX // NET WT. 2 LB 3.2 OZ (35.2 OZ) 999 g



27
SERVINGS

Nutrition Facts

27 servings per container
Serving size 1 Scoop (37g)

Amount per serving		Calories	140
		% Daily Value*	
Total Fat	3g		4%
Saturated Fat	2g		10%
Trans Fat	0g		
Cholesterol	45mg		15%
Sodium	210mg		9%
Total Carbohydrate	5g		2%
Dietary Fiber	1g		4%
Total Sugars	2g		
Includes 0g Added Sugars			0%
Protein	25g		50%
Vitamin D	0mcg		0%
Calcium	120mg		10%
Iron	0.3mg		2%
Potassium	190mg		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: Whey Protein Isolate, Whey Protein Concentrate, MCT Oil Powder (Medium Chain Triglycerides, Gum Acacia), Natural & Artificial Flavors, Pumpkin Powder, Organic Agave Inulin, Salt, Gum Blend (Guar Gum, Gum Acacia, Xanthan Gum), Cinnamon, Soy and/or Sunflower Lecithin, Sucralose, Acesulfame Potassium.

ALLERGENS: Milk, Soy.

LOADED PROTEIN
DESIGNED TO RYSE ABOVE



SUGGESTED USE: Mix one scoop (37g) of RYSE LITTLE DEBBIE Pumpkin Spice 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 Pumpkin Spice 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 Pumpkin Spice 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.

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

**pumpkin
spice
Rolls**

MADE IN THE USA
WITH COMPONENTS OF DOMESTIC AND INTERNATIONAL ORIGIN

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