



WHEN TO TAKE?

BREAKFAST

POST-WORKOUT

ANYTIME SNACK

BEFORE BED

HOW DO YOU CONSUME YOUR RYSE LOADED 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 RYSE LOADED PROTEIN ANYTIME OF THE DAY.

WARNING: This product is only intended for healthy adults. If you are pregnant, nursing, taking any medications, or have a medical condition, consult your healthcare provider before using this product. Immediately discontinue use and consult a licensed, qualified healthcare professional if you experience any adverse reaction to this product.

STORE IN A COOL, DRY PLACE. KEEP OUT OF REACH OF CHILDREN.

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.

#WERYSEABOVE

CHECK US OUT @RYSE

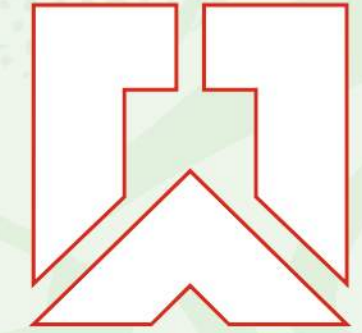
VISIT US WWW.RYSESUPPS.COM

DESIGNED TO RYSE ABOVE
+ FUEL YOUR GREATNESS.

APPLE CINNAMON



FOR ILLUSTRATION ONLY NATURAL AND ARTIFICIAL FLAVORS



RYSE
LOADED PROTEIN

Apple Cinnamon
DONUT STICKS

NET WT. 2.1 LB (972 G) PROTEIN POWDER DRINK MIX

(NOTICE: USE THIS PRODUCT AS A FOOD SUPPLEMENT ONLY. DO NOT USE FOR WEIGHT REDUCTION.)

27
SERVINGS



25G
PROTEIN

140
CALORIES
PER SERVING

Nutrition Facts		
27 servings per container		
Serving size		1 Scoop (36g)
Amount per serving		
Calories		140
		% Daily Value*
Total Fat	2.5g	3%
Saturated Fat	2g	10%
Trans Fat	0g	
Cholesterol	45mg	15%
Sodium	210mg	9%
Total Carbohydrate	4g	1%
Dietary Fiber	1g	4%
Total Sugars	1g	
Includes 0g Added Sugars		0%
Protein	25g	50%
Vitamin D	0mcg	0%
Calcium	120mg	10%
Iron	0.2mg	2%
Potassium	140mg	2%

INGREDIENTS: WHEY PROTEIN ISOLATE, WHEY PROTEIN CONCENTRATE, NATURAL & ARTIFICIAL FLAVORS, MCT OIL POWDER (MEDIUM CHAIN TRIGLYCERIDES, GUM ACACIA), ORGANIC AGAVE INULIN, SALT, GUM BLEND (GUAR GUM, GUM ACACIA, XANTHAN GUM), SOY AND/OR SUNFLOWER LECITHIN, SUCRALOSE, GROUND CINNAMON, ACESULFAME POTASSIUM

CONTAINS: MILK, SOY

LITTLE DEBBIE®, APPLE CINNAMON DONUT STICKS® AND THE SHAPE AND DESIGN OF THE DONUT STICKS ARE REGISTERED TRADEMARKS OF MCKEE FOODS FOR SNACK FOODS AND OTHER PRODUCTS. USED UNDER LICENSE.

MANUFACTURED FOR:
RYSE UP SPORTS NUTRITION LLC.,
631 INDUSTRY WAY,
PROSPER, TX 75078
1 (855) RYSE-UP1



MADE IN THE USA
FROM DOMESTIC AND
INTERNATIONAL INGREDIENTS

SUGGESTED USE: MIX ONE SCOOP (36G) OF RYSE LOADED PROTEIN WITH 6-8 OZ. OF WATER OR BEVERAGE OF CHOICE. CONSUME ANYTIME TO SUPPLEMENT YOUR PROTEIN INTAKE. VARY AMOUNT OF LIQUID TO TASTE.

1G PREMIUM MCTs + PREBIOTIC FIBER

WPI WHEY PROTEIN ISOLATE AS PRIMARY SOURCE

GUT & DIGESTION FRIENDLY

RYSE LOADED PROTEIN

**BUILD
RECOVER
STRENGTH**



040902ZLN0405-001