PRODUCT INFO/WARNINGS

CAUTION - READ ENTIRE LAREL REFORE CONSUMING! DIRECTIONS: RESURRECT-P.M.™ is an extremely powerfu sleep and recovery supplement strictly intended for use by healthy adults 18-50 years of age. To assess your tolerance to RESURRECT-P.M.TM, start by consuming ½ scoop 30 minutes prior to sleep. Recommended serving is 1 scoop mixed with 4-6 ounces of water on an empty stomach 30 minutes prior to sleep. Take RESURRECT-P.M.™ for 5 days in a row and then take 2 days off. Do not exceed more than 1 scoop per day. Allow for 6-8 hours of sleep after using. WARNINGS: KEEP OUT OF REACH OF CHILDREN, Consult your physician prior to using this product if you are pregnant, nursing, taking medication, under 18 years of age, have sleep apnea, narcolepsy or other related sleep disorders. Absolutely do NOT consume with alcohol, prescription or over the counter medication including but not limited to sleep aids, opiates, or anti-depressants. Do not take if you suffer from any mental illness including bipolar disorder Do not take more than the recommended dose, Consul your physician prior to use. Do not take this product if you are at risk or are being treated for any pre-existing medical condition including but not limited to: high or low blood pressure, cardiac arrhythmia, stroke, heart, liver, kidney or thyroid disease, seizure disorder, psychiatric disease, diabetes, difficulty urinating due to prostate enlargement or if you are taking an MAO inhibitors (MAO). Discontinue

use and consult your health care professional if you experience any adverse reaction to this product.

RISE FROM THE ASHES

"Ronnie, how do you grow with sleeping so little?" This is a question I've heard many times over the course of my career. I go to sleep at awkward times and get minimal hours of rest. So how did I grow for all those years? Well my friends the answer is simple - I sleep HARD real HARD. That's right, the deeper you sleep the less you need. That's why I created RESURRECT-P.M.™

It's a unique combination of ingredients that I have taken over the years and then some. Wake up feeling refreshed and revived, knowing your body went to work all night in deep R.E.M. sleep promoting optimal levels of testosterone and an anabolic growth environment, all the while speeding up the recovery process.







Ultra-Concentrated Sleep & Recovery Formula

LEAN MUSCLE GROWTH







DIETARY SUPPLEMENT* • NET WT. 200g

SUPPLEMENT FACTS

Serving Size: 1 Scoop (8 grams) Servings Per Container: 25

Amou	nt Per Serving	% DV
Calories	4	
Total Fat	0 g	0 %
Total Carbohydrate	1 g	0 %
Sugar	0 g	
Vitamin C (as Ascorbic Acid)	100 mg	167 %
/itamin E (as dl-Alpha Tocopheryl A	cetate) 10 I.U.	33 %
/itamin B-6 (as Pyridoxine HCI)	6 mg	300 %
Magnesium (as Magnesium Citrate)	150 mg	38 %
Zinc (as Zinc Sulfate)	10 mg	67 %

RESURRECT-P.M

Proprietary Blend 6.506 ma R.E.M. Mass & Anabolic Optimizers GABA (Gamma-Aminobutyric Acid) L-Arginine, Mucuna

L-Ornithine, L-Phenylalanine, L-Theanine, Vitamin C, Zinc Sulfate Vitamin F & Vitamin B6

Pruriens (seed), Magnesium Citrate,

LMT (Lean Muscle Tissue) Recovery Matrix* Creatine Gluconate & HICA

SensaCool™ Flavor Technology *Daily Value Not Established

Other Ingredients: Natural & Artificial Flavors, Maltodextrin. Silica, Sucralose & Acesulfame-K. FD&C Blue No. 1

*These statements have not been evaluated by the Food and Drug Administration.This product is not intended to diagnose, treat, cure or prevent disease.

Warning: Manufactured on equipment which processes products containing milk, egg, soybeans, shellfish, wheat, and tree nuts.

Manufactured Exclusively For: Ronnie Coleman Signature Series. Boynton Beach, Florida www.RONNIECOLEMAN.net

888.854.3316 **MANUFACTURED IN** USA AT CGMP FACILITY.

"THE ONLY SUPPLEMENTS GOOD ENOUGH TO HAVE MY NAME ON THEM"