Please read entire label before use. 1 MRTM is an extremely powerful workout tool that is to be consumed on workout days only.

Suggested Use: USE ON TRAINING DAYS ONLY. Take one (1) serving (1 scoop) approximately 15-30 minutes prior to training, blended into 6-8 ounces of cold water or beverage, or as suggested by a qualified healthcare practitioner.

Important Note(s): Do not exceed one (1) serving (1 scoop) per training day, Avoid eating food or drinking a protein shake within an hour after consuming 1 MRTM. To avoid sleeplessness, do not take within four (4) hours of bedtime. Taking 1MRTM with food, or on a full stomach, may diminish its effects. Many individuals notice the initial energy, mental focus, and volumizing effects within just 5-15 minutes of ingestion, with a progressive increase every few minutes thereafter. Others may begin to notice 0003 initial signs within 30-45 minutes of ingestion.

Warnings: Not intended for use by persons under age 18. Do not exceed recommended dose. Do not take for more than eight (8) consecutive weeks. This product should be taken by pregnant or lactating women. Get the consent of a licensed physician before using this product, especially if you are taking medication, have a medical condition, or thinking about becoming pregnant. KEEP THIS PRODUCT AND ALL SUPPLEMENTS OUT OF THE REACH OF CHILDREN.

Caffeine warning: The recommended serving of this product contains approximately as much caffeine as three cups of coffee. Do not consume caffeine, or combine with synephrine from other sources, including but not limited to coffee, tea, soda and other dietary supplements or medications containing phenylephrine or caffeine. Too much caffeine may cause nervousness, irritability, sleeplessness, and occasionally rapid heartbeat. Discontinue use if you experience dizziness, severe headache, rapid heartbeat or shortness of breath









"THE ORIGINAL"



RAPID ONSET ENERGY* DIETARY SUPPLEMENT • NET WEIGHT 4.9 OZ (140 GRAMS)

ONE.MORE.REP

ULTRA CONCENTRATED PRE-WORKOUT POWDER

1MR™ Product **Highlights:**

Energy* Strength* Pump* Focus*

No Jitters! No Crash!*

For Best Results:



Supplement Facts

Serving Size 5 grams (1 sco

Amount Per Serving	% Daily Value
Calories 6	,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,
Total Carbohydrate 1.5 g	<1%†
Sugars 0 g	
Thiamin 1 mg (as Thiamin Disulfide)	67%
Niacin 30 mg	150%

(as Nicotinic Acid) PRE-WORKOUT 1MR™ ENERGY and PUMP MATRIX 3.842mg (Proprietary)

Beta-Alanine (as Carnosyn"), L-Arginine Alpha Ketoglutarate, Taurine, Creatine Creatine Monohydrate). Caffeine (as Anhydrous). L-Tyrosine (as N-Acetyl-L-Tyrosine). Paulinia cupana (seed), Yerba mate' (leaf), Kigelia africana (root), Citrus sinensis (whole) Psoralea corvlifolia (seed), Adhatoda vasica (leaf), Zingiber officinale (root), Schisandra chinensis (fruit), Visnea mocanera (leaf), Vitis vinifera (seed),

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

Other Ingredients: Maltodextrin, Natural & Artificial Flavors, Citric Acid, Sucralose, Silica, Acesulfame K, FD&C Yellow No. 5 & Vitamin C (as Ascorbic Acid).

*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.