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STRENGTH* • PUMP*

ENERGY* • FOCUS*

Please read entire label before use.

1MR™ 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 1MR™. To avoid sleeplessness, do not take within four (4) hours of bedtime. Taking 1MR™ 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 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 not 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.



Manufactured for and Distributed By:
BPI Sports
Hollywood, FL 33312
To report an adverse event
or for more information call:
954.926.0900 (tel)
www.bpisports.net

3x
MORE
POWERFUL*



"THE ORIGINAL"

1MR™

ONE.MORE.REP

ULTRA CONCENTRATED PRE-WORKOUT POWDER

3x MORE
POWERFUL*

PINK
LEMONADE
Natural and Artificial Flavors



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

1MR™ Product
Highlights:

Energy*
Strength*
Pump*
Focus*
No Jitters! No Crash!*

For Best Results:
Stack with BLOX™ & A-HD™



Supplement Facts

Serving Size 5 grams (1 scoop)	
Servings Per Bottle 28	
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 (as Nicotinic Acid)	150%
PRE-WORKOUT 1MR™ ENERGY and PUMP MATRIX 3,842mg (Proprietary)	
Beta-Alanine (as CarnoSyn®), L-Arginine Alpha Ketoglutarate, Taurine, Creatine (as 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 corylifolia (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: Citric Acid, Maltodextrin, Natural and Artificial Flavors, Sucralose, Silica, Acesulfame K, FD&C Red No. 40, 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.

Licensed under one or more of U.S. Pat. Nos.
 5,965,686; 6,406,367; 7,504,376; and 8,067,381,
 each of which is owned by Natural Alternatives
 International, Inc. (NAI). NAI is also the owner of the
 registered trademark CarnoSyn®.



Rev 01-001-006006 05/12