

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 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 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 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 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 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.

For best Results: Stack with



& A-HD



ULTRA CONCENTRATED SERVING

OURS

LEADING COMPETITOR



**3X
MORE
POWERFUL***



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

"THE ORIGINAL"

1MR™

ONE.MORE.REP

ULTRA CONCENTRATED PRE-WORKOUT POWDER

**3X MORE
POWERFUL***

Patent Pending

**EXTRA
WARNING
STRENGTH**

Fruit Punch
Natural and Artificial Flavors

DIETARY SUPPLEMENT • NET WEIGHT 7.9 OZ (224 GRAMS)

BREAKTHROUGH ENERGY MECHANISM*

1MR™ is the Original Ultra Concentrated and Extra Strength "Best Workout in a Bottle" formula. It is designed to promote Strength, Energy, and the almighty Pump.* Each Ultra Concentrated Serving of 1MR™ (1 scoop) delivers a Synergistic Matrix of Creatine Monohydrate, Antioxidants, and Ultra Strong and Ultra Extreme Energy Catalysts! 1MR™ is about no bloating, no cramping – just Rock Solid Muscle and Intense Energy Driven Workouts.* The kind where your body and mind are racing at 120 miles per hour, with absolutely no other cars on the road!

1MR™: Make Every Workout Your Best.

**1MR™ Product
Highlights:**

Energy*

Strength*

Pump*

Focus*

No Jitters! No Crash!*



Supplement Facts

Serving Size 8 grams (1 scoop)
Servings Per Bottle 28

Amount Per Serving	% Daily Value
Calories 6	
Total Carbohydrate 1.5 g	<1%*
Sugars 0 g	
Thiamin 135 mg (Vitamin B1, as Thiamin Disulfide)	9,000%
Niacin 25 mg (as Nicotinic Acid)	125%
PRE-WORKOUT 1MR™ ENERGY and PUMP MATRIX 5,558mg (Proprietary) *	
L-Arginine Alpha Ketoglutarate, Beta-Alanine, L-Taurine, Creatine (as Creatine Monohydrate), N-Acetyl-L-Tyrosine, Caffeine (as Caffeine Anhydrous), <i>Citrus sinensis</i> (whole plant), <i>Kigelia africana</i> (bark), <i>Paullinia cupana</i> (seed), <i>Yerba Mate</i> (leaf), <i>Adhatoda vasica</i> (leaf), <i>Schisandra chinensis</i> (whole fruit), <i>Visnea Mocanera</i> (leaf), <i>Vitis vinifera</i> (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 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.