1 PUMP†
2 ENERGY†
3 STRENGTH†

ADVANCED BENEFITS OF RYSE UP PREWORKOUT™

CarnoSyn® BioPerine® Cognizin®

@RYSE_SUPPS

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Fuel your Awesomeness™

SUPPLEMENTS

RYSE UP™

RYSE™

PRE-WORKOUT
CLINICALLY DOSED†

CANDY WATERMELON
NATURAL AND ARTIFICIAL FLAVOR

DIETARY SUPPLEMENT // NET WT. 330G (11.6OZ.)

SERVINGS | 20

Supplement Facts

Serving Size: 16.4g (Approximately 1 scoop)
Servings Per Container: 20

Amount Per Serving		% DV
Sodium	360mg	16%
L-Citrulline Malate	6g	*
Beta Alanine (as CarnoSyn®)	2g	*
Betaine Anhydrous	1.5g	*
L-Tyrosine	1.5g	*
L-Taurine	1g	*
L-Arginine	1g	*
N-Acetyl L-Tyrosine	750mg	*
Caffeine	275mg	*
Citicoline (as Cognizin®)	200mg	*
Black Pepper Extract (as BioPerine®)	5mg	*
Huperzia Serrata Extract (std. min. 1% Huperzine A)(Club Moss)	5mg	*

*Daily Value (DV) Not Established

Other ingredients: silica, sodium chloride, sodium bicarbonate, natural flavor, sucralose, acesulfame potassium

RYSE UP™ ENERGY GUIDE

275MG | CAFFEINE PER SCOOP
2G | BETA CARNOSYN® PER SCOOP
6G | L-CITRULLINE MALATE PER SCOOP

BEGINNERS TAKE 1/2 SCOOP TO ASSESS TOLERANCE

SUGGESTED USE: MIX 1 SCOOP WITH 10-12 OZ. OF WATER OR FAVORITE BEVERAGE. VARY AMOUNT OF LIQUID TO TASTE. CONSUME 15-30 MIN. PRIOR TO EXERCISE.

NATURAL ALTERNATIVE INTERNATIONAL (NAI) IS THE OWNER OF PATENTS AS LISTED ON WWW.CARNOSYN.COM AND REGISTERED TRADEMARK CARNOSYN®

COGNIZIN® AND FOR THE EVOLUTION OF YOUR MIND® ARE REGISTERED TRADEMARKS OF KYOWA HAKKO BIO CO., LTD.

BIOPERINE® IS A REGISTERED TRADEMARK AND PATENTED PRODUCT OF SABINSA CORPORATION. U.S. PATENT #5,536,506.

MANUFACTURED EXCLUSIVELY FOR RYSE UP SPORTS NUTRITION, LLC, 124 ROSE LANE #205, FRISCO, TX 75034

SUGGESTED USAGE: Mix one serving in 10-12 oz. of cold water in a shaker or glass and consume 15 to 30 minutes prior to exercise. If necessary, you may adjust the water level to achieve your desired level of sweetness and flavor.

WARNING: Ryse Up™ products are intended only for healthy adults over the age of 18. Do not use if you are currently pregnant or nursing, could be pregnant, or are attempting to become pregnant. Consult a licensed healthcare practitioner before using this product. Discontinue use and contact a doctor immediately if you experience an irregular or rapid heart beat, chest pain, shortness of breath, dizziness, lightheadedness, fainting or presyncope, tremors, headache, nausea, or other similar symptoms. If you are a performance athlete, please check with your sanctioning body prior to use to ensure compliance.

†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.