

Suggested Dosage (Take 1 Hour Pre-Workout)	
Body Weight (lbs.)	Dosage
Up to 150	1-2 Capsules
151 to 200	2-3 Capsules
201 to 250	3-4 Capsules
251 and Over	4-5 Capsules

DIRECTIONS: Take on an empty stomach 1 hour Pre-Workout. Start with the lower recommended dosage and if needed increase until the desired effect is reached.

† 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.

WARNINGS: This product is only intended to be consumed by healthy adults 18 years of age or older. Before using product, seek advice from a physician if you are unaware of your current health condition or have any pre-existing medical condition including but not limited to kidney disease or if you are taking any prescription or over the counter medication. Do not use if you are pregnant, nursing, prone to dehydration or exposed to excessive heat. Discontinue use and consult your health care professional if you experience any adverse reaction to this product. This product contains caffeine and should not be used in combination with caffeine or stimulants from other sources, including but not limited to: coffee, tea, soda, other dietary supplements and medications. Too much caffeine may cause nervousness, irritability, sleeplessness, and rapid heart rate. Immediately discontinue use and consult a licensed, qualified health care professional if you experience any adverse reaction to this product. Before beginning any weight loss program, consult your health care providers. Store at room temperature and avoid excessive heat. Do not use if inner safety seal is broken or missing. **KEEP OUT OF REACH OF CHILDREN.**

 **Applied Nutraceuticals®**
Better results through science™

RPM™

Intense Super Concentrated Pre-workout



DIETARY SUPPLEMENT

SPORTS SERIES™

Supplement Facts

Serving Size: 5 Capsule

Servings Per Container: 22

Amount Per Serving	%DV
P-SARM Synthase AI Complex™ (Proprietary Blend)....	1,720mg
L-Arginine Base	*
Grape Seed (As 95% Proanthocyanidins)	*
Epimedium Grandiflorum (As 20% Icarin)	*
Citrus Paradisi Macfaydven (As 98% Naringin)	*
Methyl AMP Complex™ (Proprietary Blend).....	1,005mg
Theobroma Cacao (As 20% Theobromine)	*
Caffeine Anhydrous	*
Theobromine	*

* Daily Value Not Established

Other Ingredients: Gelatin, Titanium Dioxide, Silica, MCC, Magnesium Stearate



Distributed by: Applied Nutraceuticals®
13135 Danielson St Suite 211 Poway, CA 92064
Questions and comments may be directed to our
website at: www.appnut.com (704)509-5999
Copyright ©2014 Applied Nutraceuticals.
All rights Reserved