

WARNING: NOT INTENDED FOR USE BY PERSONS UNDER THE AGE OF 18. Do not combine with any other Selenium supplement, persons living in areas with high soil selenium such as North and South Dakota should consult a physician before use. Do not consume more than 5 servings in one day. Do not use if you are pregnant or nursing. Consult a physician prior to use, if you have a medical condition or if you are unaware of your current health status.

KEEP OUT OF REACH OF CHILDREN.
NO STARCH, SALT OR PRESERVATIVES ADDED.

† 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.

**MANUFACTURED FREE OF BANNED SUBSTANCES IN A
NSF GMP CERTIFIED FACILITY.**



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1UP
NUTRITION

PRE-BUILD

LEAN MUSCLE BUILDER



**MAY HELP BUILD HARD,
LEAN, DENSE MUSCLE †**

**SUPPORTS STRENGTH,
POWER AND ENDURANCE †**

**SUPPORTS REBUILDING AND RECOVERY
FROM THE TOUGHEST WORKOUTS †**

**RASPBERRY
LEMONADE**

**30 SERVINGS
DIETARY SUPPLEMENT
NW 12.69 oz (360 g)**



DIRECTIONS: Mix 1 Scoop with 8 oz of water right after training and any other time of the day.

Supplement Facts

Serving Size: 1 scoop (12g)

Servings per Container: 30

Amount Per Serving	%Daily Value	
L-Glutamine	5,000mg	*
Creatine Monohydrate	5,000mg	*

* Daily Value not established.

OTHER INGREDIENTS: Glycine, citric acid, natural & artificial flavor, sodium chloride, sucralose, acesulfame potassium, malic acid and FDC Red 40.

Store in a dry place at room temperature (59° -86°F)
Do not use this product if printed inner seal under cap is missing or broken.