220.0mm

DESIGNED TO RYSE ABOVE + FUEL YOUR GREATNESS.

100.0mm

DESIGNED TO RYSE ABOVE + FUEL YOUR GREATNESS.

0G SUGAR | 22G PROTEIN | 100 CALORIES

Nutrition Facts
20 servings per container
Serving size 1 Scoop (29g)

Amount per serving	% Daily Value*
Calories 100	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 25mg	1%
Total Carbohydrate 1g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 22g	44%
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0.1mg	0%
Potassium 40mg	0%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: Whey Protein Isolate, Citric Acid, Natural Flavor, Malic Acid, Sucralose, Sodium Citrate, Potassium Citrate, Acesulfame Potassium, Silicone (Anti-Foam), Turmeric (Color).

Contains Milk

NOTICE: Significant product settling may occur. Contents sold by weight not volume.

MANUFACTURED FOR: RYSE UP SPORTS NUTRITION, LLC., 631 INDUSTRY WAY, PROSPER, TX 75078

1-855-RYSE-UP1 (7973-87) WWW.RYSESUPPS.COM

CCLPRO20CTL-R01

8 10137 32194 3

MIX 1 SCOOP WITH 10-16 OZ OF WATER

SHAKE WELL!

LET STAND FOR 30 SECONDS & ENJOY!

SUGGESTED USE: Mix one scoop (29g) of **RYSE CLEAR Country Time™ Lemonade Flavored Protein** with 10-16 oz. of cold water (with or without ice). After mixing, wait 30-60 seconds for the natural foaming to settle and then enjoy your refreshing protein packed juicy beverage!

Consume anytime to supplement your protein intake. Vary amount of liquid to taste.

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.

STORE IN A COOL, DRY PLACE. FOR BEST TASTE, DRINK COLD.

INTENDED FOR HEALTHY ADULTS 18+

California Prop 65 Warning: This product may expose you to chemicals known to the state of California to cause cancer, birth defects or other reproductive harm. For more information, go to www.P65Warnings.ca.gov.

MADE IN THE USA
WITH COMPONENTS OF DOMESTIC AND INTERNATIONAL ORIGIN

The COUNTRY TIME trademarks are owned by Kraft Foods and are used under license. © 2025 Kraft Foods.

LIGHT, JUICY & FRESH.

WWW.RYSESUPPS.COM
FOLLOW US @RYSE

275.0mm

22G PROTEIN
100 CALORIES
ZERO SUGAR

RYSE™

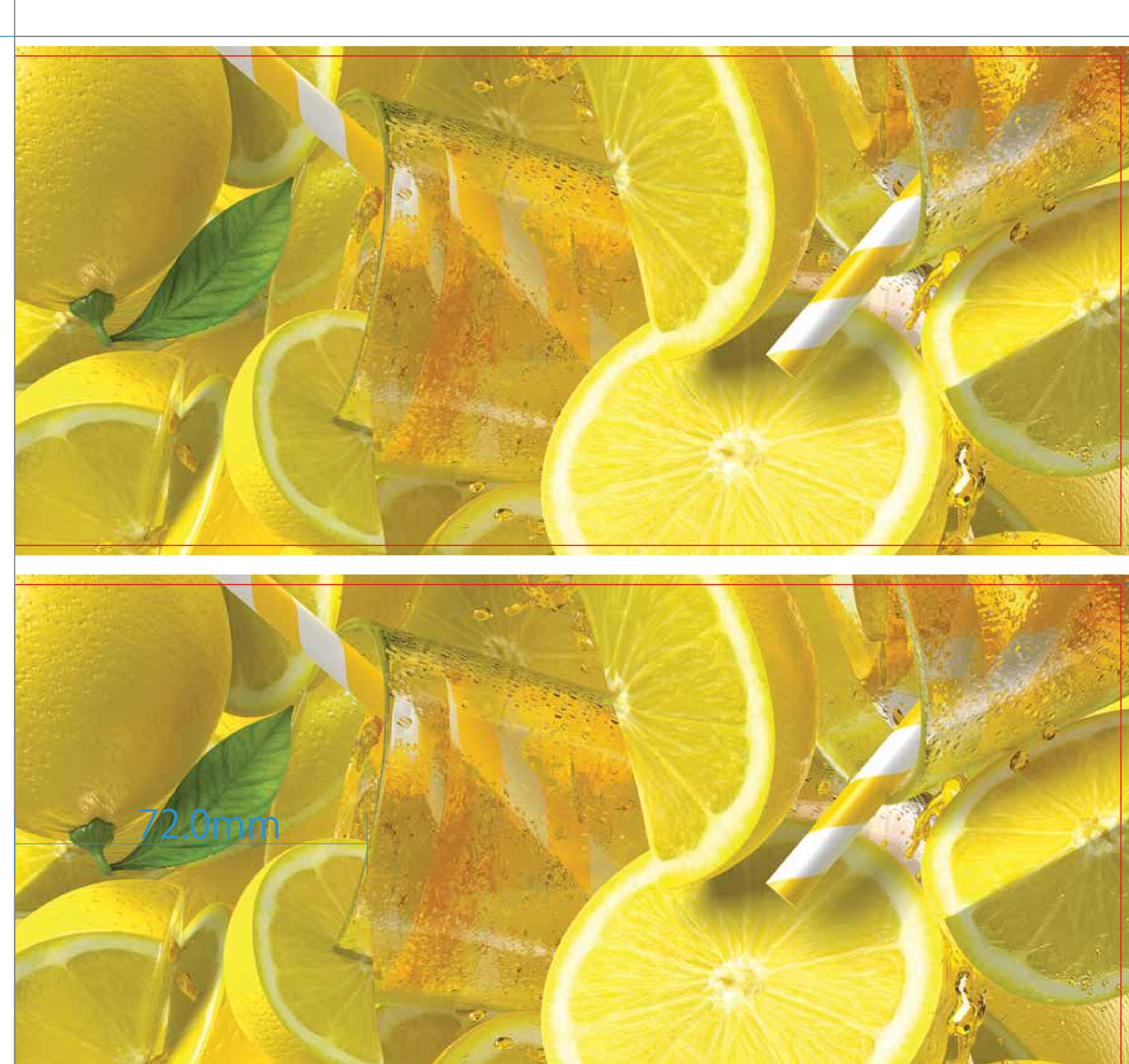
Country Time™

CLEAR PROTEIN
LIGHT, JUICY & REFRESHING ISOLATE PROTEIN

LEMONADE
NATURAL AND ARTIFICIAL FLAVOR

20 SERVINGS
NET WT. 580 G (20.5 OZ)
PROTEIN DRINK MIX

275.0mm



100.0mm
100.0mm

706.0mm 216.0mm 226.0mm 228.0mm 15.0 20.0 25.0