

# RSP

## DyN.O.

Meet our most comprehensive and efficacious pre-workout to date. DyN.O. is formulated to enhance performance and maximize the quality and results of your training. You can see the dosages of our key researched-backed ingredients on the transparent supplement facts panel so you know what you are taking. The synergistic combination of ingredients contained in DyN.O. help you get the most out of every workout.\*

### Key Benefits Include:

- Intense Energy\*
- Laser Focus\*
- Extreme Pumps\*
- Peak Performance\*

\*CAUTION: Product contains 300mg of pure Caffeine. For extreme workouts only, never take more than one scoop. Shake well before every use, and store in cool, dry place.

# RSP

Distributed by RSP Nutrition  
PO Box 396776 Miami Beach, FL 33239



WWW.RSPNUTRITION.COM | 877.814.2544

# DyN.O.®

## PRE-WORKOUT

### ENERGY

300mg  
Caffeine

### POWER

2g  
Beta-Alanine

### FOCUS

200mg  
Alpha GPC

### FRUIT PUNCH

NATURAL COLORS & FLAVORS

### 30 SERVINGS

DIETARY SUPPLEMENT NET WT 7.9 oz (225g)

### Supplement Facts

Serving Size: 1 scoop (7.5g) Servings Per Container: 30

	Amount Per Serving	% Daily Value
Vitamin B3 (as niacin)	20 mg	100%
Magnesium (as magnesium citrate)	21 mg	5%
Sodium (as sodium citrate)	20 mg	1%
Beta Alanine	2,000 mg	**
L-Arginine Alpha Ketoglutarate 1:1	1,000 mg	**
L-Taurine	1,000 mg	**
Choline Bitartrate	1,000 mg	**
Caffeine Anhydrous	300 mg	**
Alpha GPC 50% (Alpha-Glycerol Phosphoryl Choline)	200 mg	**
Citrus Aurantium (Bitter Orange)	100 mg	**
Black Pepper Fruit Extract (BioPerine®)	5 mg	**

\*Percent Daily Value are based on a 2,000 calorie diet. \*\*Daily Value not established

Other Ingredients: Natural Flavors, Citric Acid, Sucralose, Silicon Dioxide, Beet Root (for color), Acesulfame Potassium.

Directions for DyNO: Mix one scoop with 6-10 oz of cold water and consume 15-30 minutes before training. Do not exceed more than one scoop.

WARNING: Individuals who are sensitive to caffeine or have a medical condition should consult a licensed health care professional before consuming this product. Too much caffeine may cause nervousness, irritability, sleeplessness and occasionally rapid heartbeat.

IF YOU HAVE ANY HEALTH CONDITION, ARE PREGNANT, BREAST FEEDING OR TAKING MEDICATION, ASK A PHYSICIAN BEFORE USE. KEEP OUT OF REACH OF CHILDREN.

\*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.



L-F0394-01

This product contains 10mg of Citrus Aurantium, yielding 3mg of synephrine. **WARNING:** Not intended for use by persons under age 18. Do not exceed recommended dose. Do not consume synephrine or caffeine from other sources, including but not limited to coffee, tea, soda and other dietary supplements or medications containing phenylephrine or caffeine. Contains caffeine. Do not use for more than 2 weeks. Consult with your physician prior to use if you are pregnant or nursing, or if you are taking medication, including but not limited to MAOI inhibitors, antidepressants, aspirin, nonsteroidal anti-inflammatory drugs or products containing phenylephrine, pseudoephedrine or other stimulants. Consult your physician prior to use if you have a medical condition, including but not limited to heart, liver, kidney, or thyroid disease, psychiatric or epileptic disorders, difficulty urinating, diabetes, high blood pressure, cardiac arrhythmias, recurrent headaches, enlarged prostate or glaucoma. Discontinue 2 weeks prior to surgery or if you experience rapid heart beat, dizziness, severe headache or shortness of breath.