

**BE BETTER. BE STRONGER. BPI.**



**THE ONE THAT STARTED  
IT ALL RETURNS...**

**CAN YOU HANDLE IT?**

**UNMATCHED INTENSE ENERGY FORMULA  
FOR ELEVATED FOCUS, STRENGTH AND  
PERFORMANCE**

- **ULTRA CONCENTRATED, EXTREME  
PRE-WORKOUT FORMULA<sup>†</sup>**
- **POWERFUL AND INTENSE ENERGY<sup>†</sup>**
- **EXTREME FOCUS AND MENTAL  
CLARITY<sup>†</sup>**
- **INCREASE STRENGTH AND POWER<sup>†</sup>**
- **IMPROVE ATHLETIC PERFORMANCE  
AND ENDURANCE<sup>†</sup>**



**SERVING SIZE:** 1 Scoop (8 grams)  
**SERVINGS PER BOTTLE:** 30

**“ALL-IN-ONE, EXTREMELY INTENSE, POWERFUL PRE-WORKOUT  
FORMULA TO BOOST ENERGY, IMPROVE FOCUS, ELEVATE  
PERFORMANCE AND INCREASE STRENGTH AND POWER!”**

#### WHAT IS 1.M.R.™?

1.M.R.™...that name may ring a bell if you've taken pre-workout supplements before. It was a game-changer, and now BPI Sports is bringing it back! 1.M.R.™ is an ultra concentrated pre-workout that took months to research, develop and test. 1.M.R.™ will raise your energy levels like never before. You'll be flying around the gym, jumping from set to set, exercise to exercise. 1.M.R.™ sets the groundwork to help you train harder and longer in the gym, helping you increase strength, power and performance. To top it off, a powerful blend of nootropics will have you mentally focused on the mind-muscle connection and help you block out all distractions. You've been waiting for that special formula to break through that training slump you've been in...now BPI Sports has you covered with 1.M.R.™.†

#### WHY IS IT BETTER?

BPI Sports returns one of the most powerful, intense pre-workout formulas ever manufactured... 1.M.R.™ This pre-workout combines high-quality, pure ingredients into one ultra concentrated blend to provide you with the energy and focus you need to train harder and longer in the gym than ever before. 1.M.R.™ just isn't an energy booster though. With added ingredients such as CDP-Choline, GABA and GBB-ECC, you'll be dialed in from the very first rep with tunnel-like vision and unrivaled focus. This powerful combination of performance-enhancing ingredients will help improve strength and power, helping you get that lean, hard physique you've always wanted.†

#### WHAT'S IN IT?

**GABA (GAMMA-AMINOBUTYRIC ACID)** - GABA provides its user with feelings of well-being and improved brain health. GABA is produced naturally in the brain in smaller quantities. However, supplementing with GABA has the potential to relieve stress and promote healthy patterns.†

**L-CARNITINE TARTRATE** - Is primarily known for transporting long-chain fatty acids into the mitochondrial matrix of the cell for fat oxidation. It has recently been studied that L-carnitine may play an important role in recovery from exercise.†

**COCOA SEED EXTRACT** - Cocoa seed extract has been shown to have beneficial effects on digestive enzymes that may play an important role in body weight management.†

**YOHIMBE** - This popular ingredient is well-known for its alpha-2 antagonist and CNS properties. It has been studied that using yohimbe before exercise may promote fat loss.†

**CDP-CHOLINE** - Choline is a compound that is formed endogenously in the process of synthesizing phosphatidylcholine from choline. CDP-Choline is known to enhance cerebral energy and increase levels of several neurotransmitters.†

**GBB-ECC** - Gamma-butyrobetaine ethyl ester chloride, also known as GBB-ECC, is the precursor for L-carnitine. GBB-ECC has the ability to not only increase the body's production of L-carnitine which helps the body turn fat into energy, it may also support athletic performance.†

## Supplement Facts

Serving Size 1 Scoop (8 grams)  
Servings Per Container 30

| Amount Per Serving   | % Daily Value |
|--|---------------|
| Niacin (as nicotinic acid) 25 mg   | 125%          |
| <b>1MR™ ULTRA CONCENTRATED BLEND (PROPRIETARY) 4.55 g **</b>   |               |
| Caffeine anhydrous (300 mg), GABA (gamma-aminobutyric acid), L-Carnitine tartrate, Cocoa seed (theobromine), Yohimbe bark extract, CDP-Choline (Cytidine 5'-diphosphate choline), Gamma-butyrobetaine ethyl ester HCl. |               |
| <b>1MR™ ENDURANCE MATRIX **</b>  |               |
| Taurine, Glycine, L-Aspartic acid, Inosine.  |               |

\*\* Daily Value not established.

**Other Ingredients:** Natural and artificial flavors, citric acid, malic acid, sucralose, acesulfame-K, and FD&C Red No.40.

**\*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.**

† When combined with a proper exercise and nutrition regimen. Statements based on early-stage independent 3rd party *in vivo* and / or *in vitro* model scientific research data findings for individual ingredients.

[www.bpisports.com](http://www.bpisports.com) / 954.926.0900