

Max Gourmet Protein

**High Protein,
Low Carb Shake**

Creamy Smooth & Delicious

**Protein
Never
Tasted So
Good!**



Size: Net Wt. 3lbs. (1362g)
Serving Size: Two (2) Scoops (app. 75g)
Servings Per Container: 18

MM Sports Nutrition introduces **Max Gourmet**, an ultra creamy high protein taste sensation. Don't let the milk shake taste fool you, this is a powerful daily protein supplement.†

Multi-Max™ Protein: Packed with 35 grams of multi-source protein, our unique blend delivers long, medium and short chain amino acids. Many Registered Dietitians agree, a high protein/low carb diet supports weight management. **Max Gourmet** makes high protein diets convenient and great tasting.†

Crea-Syn™: **Max Gourmet** delivers 5 grams of creatine and creatine pre-cursors in a unique blend we call **Crea-Syn™**. Glycine, Methionine and Arginine support creatine production. Pure creatine monohydrate assures your muscles are immediately fueled with creatine for fast effects.†

Colostro-Max™: Colostrum is a special protein source similar to mothers milk. Colostrum supports the development of the immune system and provides high quality nutrients for the rapid growth and development of babies in their first days of life.†

Amino-Drive™: **Max Gourmet** contains Glutamine and Glycine to support natural growth hormone production. Glutamine is the most abundant amino acid in muscle, and plays a vital role in the immune system. Glycine is used in the synthesis of nucleic and bile acids.†

Vitamins & Minerals: Many of us are not getting adequate daily vitamins and minerals like those naturally found in fruits and vegetables. **Max Gourmet** has 25 vitamins and minerals to make sure you get the nutrients you need.†

Essential Fats: Low carb diets can leave you feeling hungry and tired. We added 9 grams of special fats for health, energy and to help you feel full and satisfied. These special fats support regular hormone levels and metabolism. Ground Flax seed delivers essential fatty acids and fiber, one of nature's best sources for these nutrients. Essential fat is part of every cell, including muscle. Essential fats have been shown to support a healthy cardiovascular system while fiber supports healthy bowel function.†

Max Gourmet is one of the best tasting, supercharged, energy enhancing, specialized proteins on the market. We know it will help you get to the next level in your physical development.†

KEY FEATURES

- 35g Multi-Max™ Protein
- Crea-Syn™ Maximizes Creatine Saturation†
- Colostro-Max™ for Growth & Immune Support†
- Amino-Drive™ Supports GH & Recovery†
- Heart Healthy Flax EFA's & Fiber†

KEY MESSAGES

- Protein fiber nutrient blend supports your weight management efforts.†
- Curbs appetite with protein calories and fiber.†
- Supports an increase in metabolism without fat calories.†
- Supports muscles recovery and growth.†
- Source of high quality protein.†

TARGET MARKET

Primary: Men and women looking to lean out, slim down, and stay in shape.

Secondary: Those who need a convenient protein source and want to add fiber to their diet.

RECOMMENDED STACK

- Vit-Acell
- Max Lean System
- Max Carb & Fat Away
- Max CLA
- Max Cleanse & Lean
- Max Nitro
- Max Glutamine Chewables
- Max CreaCine CV

Your assurance of quality®

1641 S. Sinclair Street • Anaheim, California 92806 • 714.456.0700 • 714.456.0727 fax

www.maxmuscle.com

Max Gourmet Protein

Chocolate Fudge Brownie

Net Wt. 3lbs. (1362g)

Size: Net Wt. 3lbs. (1362g)
Serving Size: Two (2) Scoops (app. 75g)
Servings Per Container: 18

Supplement Facts

Serving Size: 2 Scoops (app. 75g)
 Servings Per Container: 18

Amount Per Serving		%Daily Value*	
Calories	281		
Calories from Fat	81		
Total Fat 9 g 14%			
Saturated Fat 3 g 15%			
Cholesterol 65 mg 22%			
Sodium 75 mg 3%			
Potassium 300 mg 9%			
Total Carbohydrate 15 g 5%			
Dietary fiber 2 g 8%			
Sugars 3 g			
Protein 35 g 70%			
Crea-Syn® Blend (Glycine and Creatine Monohydrate) 5 g **			
L-Glutamine 1 g **			
Taurine 500 mg **			
Vitamin A 25%	Vitamin C 25%	Calcium 25%	
Iron 25%	Vitamin D 25%	Vitamin E 25%	
Vitamin B1 25%	Vitamin B2 25%	Niacin 25%	
Vitamin B6 25%	Folic Acid 25%	Vitamin B12 25%	
Biotin 25%	Vitamin B5 25%	Phosphorus 25%	
Iodine 25%	Magnesium 25%	Zinc 25%	
Selenium 25%	Copper 25%	Manganese 25%	
Chromium 25%	Molybdenum 25%	Chloride 25%	

*Percent Daily Values are based on a 2,000 calorie diet.
 **Daily value not established.

DIRECTIONS: As a dietary supplement, take 2 scoops 1 - 3 times daily mixed with 1 to 2 Cups (8 -16 oz) of water, milk, fruit juice, or your favorite beverage. Use a blender, shaker or vigorously spoon stir to mix. Adding ice, fresh or frozen fruit, yogurt or ice cream in a blender makes a great tasting shake.

INGREDIENTS: Multi-Max Proprietary Protein Blend [Whey Protein Concentrate, Whole Milk Solids, Colostrum], Dextrose, Glycine, Dutch Cocoa, Sunflower Oil Powder, Fudge Flavor, Finely Crushed Flaxseed, Max Vitamin & Mineral Mix [Di Potassium Phosphate, Di Calcium Phosphate, Magnesium Aspartate, Ascorbic Acid (Vitamin C), Niacinamide, Beta Carotene (Pro-Vitamin A), Retinyl Palmitate (Vitamin A), Cholecalciferol (Vitamin D), DL Alpha Tocopheryl Acetate (Vitamin E), Ferric Orthophosphate (Iron), Zinc Oxide, D Calcium Pantothenate (Vitamin B5), Pyridoxine HCl (Vitamin B6), Copper Gluconate, Riboflavin (Vitamin B2), Thiamine Mononitrate (Vitamin B1), Manganese Sulfate, Folic Acid, Biotin, Chromium Polynicotinate, Potassium Iodide (Iodine), Sodium Molybdate (Molybdenum), Sodium Selenite (Selenium), Cyanocobalamin (Vitamin B12)], Creatine Monohydrate, Glutamine, Oat Fiber, Cellulose Fiber, Sodium Chloride, Taurine, Natural and Artificial Flavors, Sucralose, Acesulfame K.

KEEP OUT OF THE REACH OF CHILDREN. STORE IN A COOL, DRY PLACE AWAY FROM MOISTURE, SUNLIGHT AND EXCESS HEAT. ALWAYS KEEP TIGHTLY SEALED.

Max Gourmet Protein

Strawberry Shortcake

Net Wt. 3lbs. (1362g)

Size: Net Wt. 3lbs. (1362g)
Serving Size: Two (2) Scoops (app. 75g)
Servings Per Container: 18

Supplement Facts

Serving Size: 2 Scoops (app. 75g)
 Servings Per Container: 18

Amount Per Serving		%Daily Value*	
Calories	281		
Calories from Fat	81		
Total Fat 9 g 14%			
Saturated Fat 3 g 15%			
Cholesterol 65 mg 22%			
Sodium 75 mg 3%			
Potassium 300 mg 9%			
Total Carbohydrate 15 g 5%			
Dietary fiber 2 g 8%			
Sugars 3 g			
Protein 35 g 70%			
Crea-Syn® Blend (Glycine and Creatine Monohydrate) 5 g **			
L-Glutamine 1 g **			
Taurine 500 mg **			
Vitamin A 25%	Vitamin C 25%	Calcium 25%	
Iron 25%	Vitamin D 25%	Vitamin E 25%	
Vitamin B1 25%	Vitamin B2 25%	Niacin 25%	
Vitamin B6 25%	Folic Acid 25%	Vitamin B12 25%	
Biotin 25%	Vitamin B5 25%	Phosphorus 25%	
Iodine 25%	Magnesium 25%	Zinc 25%	
Selenium 25%	Copper 25%	Manganese 25%	
Chromium 25%	Molybdenum 25%	Chloride 25%	

*Percent Daily Values are based on a 2,000 calorie diet.
 **Daily value not established.

DIRECTIONS: As a dietary supplement take one scoop 1 - 3 times daily mixed into 1 Cup to 2 Cups (8 -16 oz) of water, milk, fruit juice, or your favorite beverage. Use a spoon or shaker to mix. Adding ice, whole fruit, frozen yogurt, and/or ice cream makes for a great tasting shake.

INGREDIENTS: Multi-Max Proprietary Protein Blend [Whey Protein Concentrate, Whole Milk Solids, Colostrum], Dextrose, Glycine, Sunflower Oil Powder, Finely Crushed Flaxseed, Max Vitamin & Mineral Mix [Di Potassium Phosphate, Di Calcium Phosphate, Magnesium Aspartate, Ascorbic Acid (Vitamin C), Niacinamide, Beta Carotene (Pro-Vitamin A), Retinyl Palmitate (Vitamin A), Cholecalciferol (Vitamin D), DL Alpha Tocopheryl Acetate (Vitamin E), Ferric Orthophosphate (Iron), Zinc Oxide, D Calcium Pantothenate (Vitamin B5), Pyridoxine HCl (Vitamin B6), Copper Gluconate, Riboflavin (Vitamin B2), Thiamine Mononitrate (Vitamin B1), Manganese Sulfate, Folic Acid, Biotin, Chromium Polynicotinate, Potassium Iodide (Iodine), Sodium Molybdate (Molybdenum), Sodium Selenite (Selenium), Cyanocobalamin (Vitamin B12)], Creatine Monohydrate, Glutamine, Oat Fiber, Cellulose Fiber, Sodium Chloride, Taurine, Natural and Artificial Flavors, Sucralose, Acesulfame K and FD&C Red #40.

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Max Gourmet Protein

Vanilla Caramel Swirl

Net Wt. 3lbs. (1362g)

Size: Net Wt. 3lbs. (1362g)
Serving Size: Two (2) Scoops (app. 75g)
Servings Per Container: 18

Supplement Facts

Serving Size: 2 Scoops (app. 75g)
 Servings Per Container: 18

Amount Per Serving		%Daily Value*	
Calories	281		
Calories from Fat	81		
Total Fat 9 g 14%			
Saturated Fat 3 g 15%			
Cholesterol 65 mg 22%			
Sodium 75 mg 3%			
Potassium 300 mg 9%			
Total Carbohydrate 15 g 5%			
Dietary fiber 2 g 8%			
Sugars 3 g			
Protein 35 g 70%			
Crea-Syn® Blend (Glycine and Creatine Monohydrate) 5 g **			
L-Glutamine 1 g **			
Taurine 500 mg **			
Vitamin A 25%	Vitamin C 25%	Calcium 25%	
Iron 25%	Vitamin D 25%	Vitamin E 25%	
Vitamin B1 25%	Vitamin B2 25%	Niacin 25%	
Vitamin B6 25%	Folic Acid 25%	Vitamin B12 25%	
Biotin 25%	Vitamin B5 25%	Phosphorus 25%	
Iodine 25%	Magnesium 25%	Zinc 25%	
Selenium 25%	Copper 25%	Manganese 25%	
Chromium 25%	Molybdenum 25%	Chloride 25%	

*Percent Daily Values are based on a 2,000 calorie diet.
 **Daily value not established.

DIRECTIONS: As a dietary supplement take one scoop 1 - 3 times daily mixed into 1 Cup to 2 Cups (8 -16 oz) of water, milk, fruit juice, or your favorite beverage. Use a spoon or shaker to mix. Adding ice, whole fruit, frozen yogurt, and/or ice cream makes for a great tasting shake.

INGREDIENTS: Multi-Max Proprietary Protein Blend [Whey Protein Concentrate, Whole Milk Solids, Colostrum], Dextrose, Glycine, Sunflower Oil Powder, Finely Crushed Flaxseed, Max Vitamin & Mineral Mix [Di Potassium Phosphate, Di Calcium Phosphate, Magnesium Aspartate, Ascorbic Acid (Vitamin C), Niacinamide, Beta Carotene (Pro-Vitamin A), Retinyl Palmitate (Vitamin A), Cholecalciferol (Vitamin D), DL Alpha Tocopheryl Acetate (Vitamin E), Ferric Orthophosphate (Iron), Zinc Oxide, D Calcium Pantothenate (Vitamin B5), Pyridoxine HCl (Vitamin B6), Copper Gluconate, Riboflavin (Vitamin B2), Thiamine Mononitrate (Vitamin B1), Manganese Sulfate, Folic Acid, Biotin, Chromium Polynicotinate, Potassium Iodide (Iodine), Sodium Molybdate (Molybdenum), Sodium Selenite (Selenium), Cyanocobalamin (Vitamin B12)], Creatine Monohydrate, Glutamine, Oat Fiber, Cellulose Fiber, Sodium Chloride, Taurine, Natural and Artificial Vanilla Flavors, Sucralose, Acesulfame K.

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Max Gourmet Protein

Chocolate Banana Crème Pie
Net Wt. 3lbs. (1362g)

Size: Net Wt. 3lbs. (1362g)
Serving Size: Two (2) Scoops (app. 75g)
Servings Per Container: 18

Supplement Facts

Serving Size: 2 Scoops (app. 75g)
Servings Per Container: 18

Amount Per Serving		
Calories	281	
Calories from Fat	81	
%Daily Value*		
Total Fat	9 g	14%
Saturated Fat	3 g	15%
Cholesterol	65 mg	22%
Sodium	75 mg	3%
Potassium	300 mg	9%
Total Carbohydrate	15 g	5%
Dietary fiber	2 g	8%
Sugars	3 g	
Protein	35 g	70%
Crea-Syn® Blend (Glycine and Creatine Monohydrate)	5 g	**
L-Glutamine	1 g	**
Taurine	500 mg	**
Vitamin A 25%	Vitamin C 25%	Calcium 25%
Iron 25%	Vitamin D 25%	Vitamin E 25%
Vitamin B1 25%	Vitamin B2 25%	Niacin 25%
Vitamin B6 25%	Folic Acid 25%	Vitamin B12 25%
Biotin 25%	Vitamin B5 25%	Phosphorus 25%
Iodine 25%	Magnesium 25%	Zinc 25%
Selenium 25%	Copper 25%	Manganese 25%
Chromium 25%	Molybdenum 25%	Chloride 25%

*Percent Daily Values are based on a 2,000 calorie diet.
**Daily value not established.

DIRECTIONS: As a dietary supplement, take 2 scoops 1 - 3 times daily mixed with 1 to 2 Cups (8 - 16 oz) of water, milk, fruit juice, or your favorite beverage. Use a blender, shaker or vigorously spoon stir to mix. Adding ice, fresh or frozen fruit, yogurt or ice cream in a blender makes a great tasting shake.

INGREDIENTS: Multi-Max™ Proprietary Protein Blend [Whey Protein Concentrate, Whole Milk Solids, Colostrum], Crea-Syn® Blend (Glycine and Creatine Monohydrate), Natural and Artificial Flavors, Dutch Cocoa, Fudge Flavor, Dextrose, Sunflower Oil Powder, Finely Crushed Flaxseed, Max Vitamin & Mineral Mix [Di Potassium Phosphate, Di Calcium Phosphate, Magnesium Aspartate, Ascorbic Acid (Vitamin C), Niacinamide, Beta Carotene (Pro-Vitamin A), Retinyl Palmitate (Vitamin A), Cholecalciferol (Vitamin D), DL Alpha Tocopheryl Acetate (Vitamin E), Ferric Orthophosphate (Iron), Zinc Oxide, Di Calcium Pantothenate (Vitamin B5), Pyridoxine HCl (Vitamin B6), Copper Gluconate, Riboflavin (Vitamin B2), Thiamine Mononitrate (Vitamin B1), Manganese Sulfate, Folic Acid, Biotin, Chromium Polynicotinate, Potassium Iodide (Iodine), Sodium Molybdate (Molybdenum), Sodium Selenite (Selenium), Cyanocobalamin (Vitamin B12)], Glutamine, Oat Fiber, Cellulose Fiber, Sodium Chloride, Taurine, Sucralose, Acesulfame K, FDC Yellow #5.

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Max Gourmet Protein

Root Beer Float
Net Wt. 3lbs. (1362g)

Size: Net Wt. 3lbs. (1362g)
Serving Size: Two (2) Scoops (app. 75g)
Servings Per Container: 18

Supplement Facts

Serving Size: 2 Scoops (app. 75g)
Servings Per Container: 18

Amount Per Serving		
Calories	281	
Calories from Fat	81	
%Daily Value*		
Total Fat	9 g	14%
Saturated Fat	3 g	15%
Cholesterol	65 mg	22%
Sodium	75 mg	3%
Potassium	300 mg	9%
Total Carbohydrate	15 g	5%
Dietary fiber	2 g	8%
Sugars	3 g	
Protein	35 g	70%
Crea-Syn® Blend (Glycine and Creatine Monohydrate)	5 g	**
L-Glutamine	1 g	**
Taurine	500 mg	**
Vitamin A 25%	Vitamin C 25%	Calcium 25%
Iron 25%	Vitamin D 25%	Vitamin E 25%
Vitamin B1 25%	Vitamin B2 25%	Niacin 25%
Vitamin B6 25%	Folic Acid 25%	Vitamin B12 25%
Biotin 25%	Vitamin B5 25%	Phosphorus 25%
Iodine 25%	Magnesium 25%	Zinc 25%
Selenium 25%	Copper 25%	Manganese 25%
Chromium 25%	Molybdenum 25%	Chloride 25%

*Percent Daily Values are based on a 2,000 calorie diet.
**Daily value not established.

DIRECTIONS: As a dietary supplement take one scoop 1 - 3 times daily mixed into 1 Cup to 2 Cups (8 - 16 oz) of water, milk, fruit juice, or your favorite beverage. Use a spoon or shaker to mix. Adding ice, whole fruit, frozen yogurt, and/or ice cream makes for a great tasting shake.

INGREDIENTS: Multi-Max™ Proprietary Protein Blend [Whey Protein Concentrate, Whole Milk Solids, Colostrum], Crea-Syn® Blend (Glycine and Creatine Monohydrate), Natural and Artificial Flavors A, Dextrose, Sunflower Oil Powder, Finely Crushed Flaxseed, Max Vitamin & Mineral Mix [Di Potassium Phosphate, Di Calcium Phosphate, Magnesium Aspartate, Ascorbic Acid (Vitamin C), Niacinamide, Beta Carotene (Pro-Vitamin A), Retinyl Palmitate (Vitamin A), Cholecalciferol (Vitamin D), DL Alpha Tocopheryl Acetate (Vitamin E), Ferric Orthophosphate (Iron), Zinc Oxide, Di Calcium Pantothenate (Vitamin B5), Pyridoxine HCl (Vitamin B6), Copper Gluconate, Riboflavin (Vitamin B2), Thiamine Mononitrate (Vitamin B1), Manganese Sulfate, Folic Acid, Biotin, Chromium Polynicotinate, Potassium Iodide (Iodine), Sodium Molybdate (Molybdenum), Sodium Selenite (Selenium), Cyanocobalamin (Vitamin B12)], Natural and Artificial Flavors B, Glutamine, Oat Fiber, Cellulose Fiber, Sodium Chloride, Taurine, Sucralose, Acesulfame K.

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Max Gourmet Protein

Cookie Dough
Net Wt. 3lbs. (1362g)

Size: Net Wt. 3lbs. (1362g)
Serving Size: Two (2) Scoops (app. 75g)
Servings Per Container: 18

Supplement Facts

Serving Size: 2 Scoops (app. 75g)
Servings Per Container: 18

Amount Per Serving		
Calories	281	
Calories from Fat	81	
%Daily Value*		
Total Fat	9 g	14%
Saturated Fat	3 g	15%
Cholesterol	65 mg	22%
Sodium	75 mg	3%
Potassium	300 mg	9%
Total Carbohydrate	15 g	5%
Dietary fiber	2 g	8%
Sugars	3 g	
Protein	35 g	70%
Crea-Syn® Blend (Glycine and Creatine Monohydrate)	5 g	**
L-Glutamine	1 g	**
Taurine	500 mg	**
Vitamin A 25%	Vitamin C 25%	Calcium 25%
Iron 25%	Vitamin D 25%	Vitamin E 25%
Vitamin B1 25%	Vitamin B2 25%	Niacin 25%
Vitamin B6 25%	Folic Acid 25%	Vitamin B12 25%
Biotin 25%	Vitamin B5 25%	Phosphorus 25%
Iodine 25%	Magnesium 25%	Zinc 25%
Selenium 25%	Copper 25%	Manganese 25%
Chromium 25%	Molybdenum 25%	Chloride 25%

*Percent Daily Values are based on a 2,000 calorie diet.
**Daily value not established.

DIRECTIONS: As a dietary supplement take one scoop 1 - 3 times daily mixed into 1 Cup to 2 Cups (8 - 16 oz) of water, milk, fruit juice, or your favorite beverage. Use a spoon or shaker to mix. Adding ice, whole fruit, frozen yogurt, and/or ice cream makes for a great tasting shake.

INGREDIENTS: Multi-Max™ Proprietary Protein Blend [Whey Protein Concentrate, Whole Milk Solids, Bovine Colostrum], Dextrose, Glycine, Sunflower Oil Powder, Finely Crushed Flaxseed, Max Vitamin & Mineral Mix [Di Potassium Phosphate, Di Calcium Phosphate, Magnesium Aspartate, Ascorbic Acid (Vitamin C), Niacinamide, Beta Carotene (Pro-Vitamin A), Retinyl Palmitate (Vitamin A), Cholecalciferol (Vitamin D), DL Alpha Tocopheryl Acetate (Vitamin E), Ferric Orthophosphate (Iron), Zinc Oxide, Di Calcium Pantothenate (Vitamin B5), Pyridoxine HCl (Vitamin B6), Copper Gluconate, Riboflavin (Vitamin B2), Thiamine Mononitrate (Vitamin B1), Manganese Sulfate, Folic Acid, Biotin, Chromium Polynicotinate, Potassium Iodide (Iodine), Sodium Molybdate (Molybdenum), Sodium Selenite (Selenium), Cyanocobalamin (Vitamin B12)], Creatine Monohydrate, Glutamine, Oat Fiber, Cellulose Fiber, Sodium Chloride, Taurine, Natural and Artificial Flavors, Sucralose, Acesulfame K.

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