Maximize Lean Muscle Growth & Increase Recovery

Max ARM (Anabolic Recovery Matrix) from Max Muscle Sports Nutrition (MMSN) was designed to follow rapid recovery and anabolic science. Created to be the ultimate post-workout formula, Max ARM provides the necessary nutrients to support maximum muscle mass activation, restore fluids and electrolytes, replenish glycogen and accelerate overall muscle recovery and repair. Max ARM provides bioactive ingredients to support muscle enzyme activators of protein synthesis, Akt/mTOR (rapamycin) and p70 S6 kinases, muscle Heat Shock Protein (HSP) activating nutrients and GLUT4 potentiators.†

To support protein synthesis and nitrogen retention post-exercise, each serving of Max ARM delivers 28 grams of the highest quality blend of whey protein isolate (WPI) and whey protein concentrate (WPC) available.

Max ARM contains the Muscle Akt/mTOR and p70 S6k Activator Blend. Muscle Akt/mTOR and p70 S6k kinases are muscle enzyme activators of protein synthesis and supported by the branched-chain amino acids (BCAA) along with arginine, citrulline malate and the same proprietary blends found in MMSN CX3 including Creapure® Creatine Monohydrate, Creatine MagnaPower®, and Creatine Pyruvate.

An exciting area in the molecular biochemistry of protein synthesis are the role of Heat Shock Proteins (HSP). HSP are molecular chaperones that aid in the transport of proteins throughout the cell’s various compartments to support protein synthesis. Max ARM contains the Heat Shock Protein Activator Blend with glutamine peptides, bilberry, schisandra, rhodiola and paeonia.

Max ARM contains the functional glutamine peptides found in Gluta Matrix including the Gluta-Tri Triple Fusion Blend (L-glutamine, glutamine peptides [L-alanyl-L-glutamine, L-glycyl-L-glutamine (from hydrolyzed gluten)])

Each serving of Max ARM provides 32 grams of multi-source carbohydrates with rapid to extended absorption rates including, waxy maize starch (amylopectin), maltodextrin, fructose and dextrose. Max ARM provides the ideal forms and amounts of carbohydrates to pack glycogen in muscles for maximum recovery.

For maximum muscle cell carbohydrate enhancement, Max ARM provides the GLUT4 Activator Blend with banaba leaf extract (1% corosolic acid) and Promillin® (fenugreek extract, 4-hydroxyisoleucine). Promillin® functions to potentiate the action of insulin resulting in complete post-exercise replenishment of carbohydrates in the muscles and promoting increases in muscle mass and strength. Additionally, research has demonstrated that corosolic acid, a triterpenoid compound, facilitates glucose transport within cells by stimulating glucose transporter isoform 4 translocation (GLUT4). By activating GLUT4 this assures maximum carbohydrate utilization by muscles.†

Max ARM is the total package for complete recovery science providing the necessary ingredients for rapid and efficient recovery and muscle building. Max ARM is instantized and delivers a refreshing and satisfying flavor. Hydration recovery at its finest… you won’t need anything else!

(cont’d on p.2)
**PRODUCT DATA SHEET**

**Size:** NET WT. 1, 152 G (2.53 LBS) | **Serving Size:** 2 Scoops (Approx. 64 g) | **Servings Per Container:** 18

**Flavors:** Pink Lemonade, Lemon Lime, Strawberry, Tangerine, Watermelon

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**Supplement Facts**

| Serving Size: 2 Scoops (Approx. 64 g) | Servings Per Container: 18 | Calories: 250 | Calories from Fat: 11 |

**Amount Per Serving**

- **Total Fat:** 0.4 g
- **Cholesterol:** 0 mg
- **Sodium:** 60 mg
- **Total Carbohydrate:** 28 g
- **Protein:** 1 g
- **Vitamin A (as Retinyl Palmitate):** 2,250 IU
- **Vitamin C (Ascorbic Acid):** 250 mg
- **Calcium (as Calcium Carbonate):** 100 mg
- **Iron (as Ferrous Sulfate):** 1.5 mg
- **Manganese (as Manganese Sulfate):** 1.5 mg
- **Zinc (as Zinc Sulfate):** 1 mg
- **Sugars:** 19 g

**% Daily Value**

- **Total Fat:** 1%
- **Cholesterol:** <1%
- **Sodium:** 4%
- **Total Carbohydrate:** 11%
- **Protein:** 2%
- **Vitamin A:** 100%
- **Vitamin C:** 417%
- **Calcium:** 10%
- **Iron:** 100%
- **Manganese:** 75%
- **Zinc:** 100%
- **Sugars:** 11%

**Other Ingredients:**

- Artificial Flavor (FD&C Red No. 40), Lecithin, Maize Starch (Amylopectin), Citric Acid, Natural & Artificial Flavor, Sucralose, Acesulfame Potassium, Sucralose, Water.

**Directions:** Mix 2 scoops (approx. 64 g) with 12-16 oz ice cold water. Shake or stir slowly to avoid excess foaming. Suggested use immediately after workout preferably without food. Stay well hydrated throughout the day while using this product especially in hot and humid temperatures.

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**OTHER INGREDIENTS (PINK LEMONADE):**

- Whey Protein Concentrate, Creatine Fructose, Maltoolxtrin, Whey Protein Isolate, Dextrose, Waxy Maize Starch (Amylopectin), Citric Acid, Natural & Artificial Flavor (FD&C Red No. 40), Lecithin, Acesulfame Potassium, Sucralose Sweetener.

**OTHER INGREDIENTS (LEMON LIME):**

- Whey Protein Concentrate, Creatine Fructose, Maltoolxtrin, Whey Protein Isolate, Dextrose, Waxy Maize Starch (Amylopectin), Citric Acid, Natural & Artificial Flavor (FD&C Yellow No. 5 and Blue No. 1), Lecithin, Acesulfame Potassium, Sucralose Sweetener.

**OTHER INGREDIENTS (STRAWBERRY):**

- Whey Protein Concentrate, Creatine Fructose, Maltoolxtrin, Whey Protein Isolate, Dextrose, Waxy Maize Starch (Amylopectin), Citric Acid, Natural & Artificial Flavor (FD&C Red No. 40), Lecithin, Acesulfame Potassium, Sucralose Sweetener.

**OTHER INGREDIENTS (WATERMELON):**

- Whey Protein Concentrate, Creatine Fructose, Maltoolxtrin, Whey Protein Isolate, Dextrose, Waxy Maize Starch (Amylopectin), Citric Acid, Natural & Artificial Flavor (FD&C Red No. 40), Lecithin, Acesulfame Potassium, Sucralose Sweetener.

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**Key References**


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**Target Market**

- **Primary:** Serious athletes looking for a complete, science-based and comprehensive anabolic and enhanced recovery formula.

**Recommended Stack**

- **Max Vit-Acell**
- **Max Complete**
- **Max EFA**

**Contents:**

- Milk. (Whey Protein), Soy (Lecithin) and Wheat (Glutamine Peptides).

Manufactured in a cGMP facility that processes milk, egg, fish, Crustacean shellfish, tree nuts, wheat and soybeans.

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**Keep Out of Reach of Children:**

**Store in a Cool, Dry Place Away from Moisture, Sunlight and Excess Heat. Always Keep Tightly Sealed.**

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**Creature®** is a registered trademark of AlzChem LLC.

**Creatine MagnaPower®** is a trademark of Albion Laboratories

**Albion Magnesium chelate glycinate (18% chelate)**

**Promilin®** (U.S. Patent #: 7,338,675) is a registered trademark of TSI Health Sciences, Inc., USA.