

DO NOT USE IF SAFETY SEAL UNDER CAP IS BROKEN OR MISSING.
KEEP OUT OF REACH OF CHILDREN.
Do not store in direct sunlight. Store in a cool, dry place.

THE GOAL OF THIS MAX ANABOLIC AMINO RUSH (AAR) FORMULA is to supply the proper amino acid combination, which has been shown to increase exercise-induced protein synthesis when compared to normal feeding alone. This will deliver the amino acids at ideal times in order to maximize "intense training-induced specific windows" of opportunity for anabolism that take place throughout the day. Proper ingestion would promote the unique muscle protein synthesis mechanism that is activated through the feeding of amino acids and potentially lead to greater strength and size gains especially when exercise-induced results have stabilized (i.e., the training plateau).†

RATIONALE: It has been well demonstrated that a specific pattern of amino acid feedings stimulates protein synthesis independently of all other mechanisms.†

AAR DIRECTIONS FOR USE: During intense training cycles, each training day:

- **10-30 MINUTES PRE-WORKOUT:** Mix 1 scoop of AAR with 8-12 oz. cold water and shake vigorously for 30 seconds.
- **IMMEDIATELY FOLLOWING TRAINING:** Mix 1 scoop of AAR with 8-12 oz. cold water and shake vigorously for 30 seconds.
- Consume a normal post-workout, whole-food meal at 2 hours post-training.
- **OPTIONAL:** For potentially maximizing results, repeat the 1 scoop of AAR formula 1 hour before next meal or before bed.
- **FOR THOSE UNDER 150 LB,** you may use ½ scoop at each of the three times above.

†These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.

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For information on Apex Quality products or to report adverse effects contact Apex Fitness.
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ORANGE RUSH NATURALLY AND ARTIFICIALLY FLAVORED

apex

ANABOLIC AMINO RUSH

Pre- & Post-Workout Formula

- Greater Increases in Strength†
- Anabolic and Growth Enhancer†

NET WT 611g [1 LB. 5.55 OZ.]

FEATURES AND BENEFITS

This product may:

- be highly anabolic, signaling protein synthesis by being present in the bloodstream at ideal times and in proper proportions†
- be incorporated into muscle proteins†
- promote greater increases in muscle protein synthesis†
- promote greater increases in lean mass†
- promote greater increases in strength†
- accelerate changes in body composition†

MAX ANABOLIC AMINO RUSH (AAR)

when combined with intense training allows the user to create a positive anabolic (muscle-building) environment offering the athlete the ability to maximize training-induced strength/performance and size gains.†

Supplement Facts

Serving Size 18.5 g (1 heaping scoop)
Servings Per Container 33

	Amount Per Serving	%Daily Value*
Calories	15	
Total Carbohydrate	4 g	1%
Sugars	3 g	
Sodium	160 mg	7%
Anabolic Amino Rush Proprietary Blend	12 g	**
L-Glutamine		**
L-Leucine		**
L-Lysine		**
DL-Phenylalanine		**
L-Isoleucine		**
L-Valine		**
L-Threonine		**
L-Histidine		**
DL-Methionine		**

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.
**Percent Daily Value not established.

Other Ingredients: maltodextrin, citric acid, malic acid, sodium citrate, natural and artificial flavors, turmeric powder (added for color), gum blend (cellulose gum, xanthan gum, carrageenan), sucralose, acesulfame potassium, soy lecithin, whey protein hydrolysate, carmine (added for color).

Allergen Statement: This product contains ingredients derived from milk and soy.