ARNOLD™ SCHWARZENEGGER SERIES

ARNOLD IRON PACK™

ULTIMATE ALPHA MALE TRAINING PACK

DIETARY SUPPLEMENT
30 PACKS

MUSCLEPHARM

SPORTS VITAMIN SYSTEM FORMULATED FOR THE ACTIVE MALE*

- FOUNDATION OF YOUR TRAINING REGIMEN*
- SUPPORTS MUSCLE BUILDING, RECOVERY & PERFORMANCE*
- SUPPORTS OPTIMAL JOINT & BONE HEALTH*

DIRECTIONS FOR IRON PACK™:
Take 1 serving (1 pack) daily, with a meal. Timing consumption with your morning meal can help prime your body with nutrients for meeting the demands of your busy lifestyle.

TIP:
Certain vitamins are better absorbed when digested with food, so take the tabs, caps, and softgels in IRON PACK™ at mealtime.

Supplement Facts

Serving Size: 1 Pack
Servings Per Container: 30

	Amount Per Serving	% DV*
Calories	21	
Total Fat	1 g	2%
Protein	2 g	4%
Vitamin A (as Mixed Carotenoids)	6250 IU	125%
Vitamin C (as Ascorbic Acid)	282 mg	470%
Vitamin E Blend (as dl Alpha Tocopherol Acetate, Mixed Tocopherols Including Gamma, Delta, Beta Tocopherols)	50 IU	167%
Vitamin K2	100 mcg	125%
Vitamin B1 (as Thiamine Hydrochloride)	19 mg	1,267%
Vitamin B2 (as Riboflavin)	19 mg	1,118%
Vitamin B3 (as Niacinamide)	20 mg	100%
Vitamin B6 (as Pyridoxine Hydrochloride)	19 mg	965%
Folate (as Folic Acid)	1,000 mcg	250%
Vitamin B12 (as Methylcobalamin)	1,000 mcg	16,667%
Biotin	10 mcg	3%
Vitamin B5 (as Calcium D-Pantothenate)	37 mg	370%
Calcium (as Calcium Lactate Gluconate)	111 mg	11%
Magnesium (as Magnesium Citrate)	58 mg	15%
Zinc (as Zinc Picolinate)	6.4 mg	43%
Selenium (as Selenomethionine)	65 mcg	93%
Copper (as Copper Gluconate)	140 mcg	7%
Manganese (as Manganese Citrate)	600 mcg	30%
Chromium (as Chromium Polynicotinate)	10 mcg	8%
Molybdenum (as Sodium Molybdate)	10 mcg	13%
Potassium (as Potassium Chloride)	38 mg	1%
Boron (as Boron Citrate)	450 mcg	**

Alpha Male Performance Blend	1,425 mg	**
D-Aspartic Acid, BCAA Nitrate, Carnosyn® Beta Alanine, L-Glycine, N-Acetyl-L-Carnitine HCl.		
Fish Oil	1,000 mg	**
Fish Oil 70% Omega-3 Fatty Acids	1,000 mg	
Eicosapentaenoic Acid (EPA)	400 mg	
Docosahexaenoic Acid (DHA)	300 mg	
Liver Tab Complex	2,000 mg	**
100% Argentinian Beef Liver (4x concentrate)		
Joint Performance Blend	1,000 mg	
Cissus Quadrangularis (Stem) Extract, Collagen Complex (Type II Collagen)		
Super Food Blend	500 mg	**
Spirulina (Spirulina Platensis) Algae Powder, Mango (Mangifer Indica) Seed Extract, Barley Grass (Hordeum Vulgare) Powder, Broccoli (Brassica Oleracea) Powder, Apple (Malus Domestica) Fruit Extract, Kelp (Ascophyllum Nodosum) Powder, Chlorella (Chlorella Pyrenoidosa) Powder, Cranberry (Vaccinium Macrocarpon) Fruit Extract, Cherry (Prunus Serotina) Fruit Extract, Red Raspberry Leaf (Rubus ideaus) Powder, Strawberry (Fragaria Vesca) Fruit Powder, Blackberry (Rubus Fruitcosus) Fruit Powder, Blood Orange (Citrus Sinensis) Fruit Powder, Watermelon (Citrullus Lanatus Mansfeld) Powder, Red Currant (Ribes Rubrum) Fruit Powder, Pomegranate (Punica Granatum) Rind Extract.		
Antioxidant Blend	300 mg	**
Dimethylglycine HCl (DMG), Polygonum Cuspidatum Root Extract 20% Resveratrol, DigeSeb®, CoEnzyme Q10.		
Cognitive Support	170 mg	
Panax Ginseng 8% Ginsenosides, Gingko Biloba (Leaf), Cytidine Diphosphate-Choline, Vinpocetine.		

*Percent Daily Value Based on a 2,000 Calorie Diet
**Daily Value Not Established

Other Ingredients: Gelatin, Magnesium Stearate, Microcrystalline Cellulose, Hydroxypropyl Methylcellulose, Silicon Dioxide, Titanium Dioxide, Silica, Sodium Starch Glycolate, Dextrose, Water, Glycerol, Methacrylic Acid (Copolymer Dispersion), Triacetin, Natural Citrus Flavor, Desiccated Bovine Liver, Whey, Dicalcium Phosphate, Stearic Acid, Silica, Sodium Starch Glycolate, FD&C Blue #1 Aluminum Lake, FD&C Yellow #5 Lake, FD&C Yellow #6 Lake.

ALLERGEN WARNING: This product contains fish, soy, and milk. This product was produced in a facility that may also process ingredients containing wheat, milk, egg, soybeans, shellfish, fish, tree nuts, and peanuts. **STORAGE CONDITIONS:** Store in a cool dry place. **WARNING:** This product is only intended for use by healthy adults over 18 years of age. Consult your physician before using this product if you are taking any prescription or over the counter medications or supplements. Do not use this product if you are pregnant, expect to become pregnant or are nursing. Do not use this product if you are at risk or are being treated for any medical condition including, but not limited to: high or low blood pressure; cardiac arrhythmia; stroke; heart, liver, kidney or thyroid disease; seizure disorder; psychiatric disease; diabetes; difficulty urinating due to prostate enlargement or if you are taking a MAO inhibitor. Do not use if allergic or contraindicated to aspirin. Discontinue use two weeks prior to surgery. Discontinue use and consult your health care professional if you experience any adverse reaction to this product. Do not exceed recommended serving size or suggested use. **KEEP OUT OF REACH OF CHILDREN.**

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EXCLUSIVELY DEVELOPED & MANUFACTURED FOR: MUSCLEPHARM® CORP.
4721 Ironton St. Bldg A
Denver, CO 80239 USA
MADE IN A cGMP CERTIFIED FACILITY
PACKAGED IN USA

* 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.

NitraTech NITRATE TECHNOLOGY WWW.NITRATECH.COM
CarnoSyn Carnosine Synthesizer

TOTAL BODY PROTECTION AND PERFORMANCE SUPPORT FOR THE ACTIVE MALE FROM THE COMPANY MILLONS TRUST.*

6 PERFORMANCE BLENDS:

NUTRIENT COMPLEX: Over 22 performance-supporting nutrients including Vitamin A,C,E, and complete B Complex. Also contains a blend of over 25 vegetable and fruit concentrates that deliver results to help support your goals. The greens and probiotics aid your immune system, maintaining gut bacteria while promoting healthy digestion and nutrient absorption.

ALPHA PERFORMANCE BLEND: Contains powerful performance ingredients such as D-Aspartic Acid (DAA), Beta Alanine and BCAA Nitrates. This formulation is designed to provide support for meeting your performance goals.*

FISH OIL: This ultra-purified fish oil, high in EPH/DHA, promotes overall wellness and supports heart, brain, vision and joint health. Not only are these fish oil softgels a nutritional masterpiece, they are also enteric-coated and citrus flavored so you won't experience the regurgitation (which are called "fish oil burps") that people associate with cheaper, cruder formulations.*

JOINT ARMOR: Helps support optimal joint health, enhances recovery and a healthy inflammation response. It also contributes to the health of connective tissues throughout your body.*

LIVER TAB COMPLEX: One of the most nutritious supplements available, it contains important amino acids and key vitamins and minerals. Liver Tabs have been a staple of hardcore athletes' diets for decades. Benefits include fat metabolism, energy and stamina increases. Desiccated liver helps increase red blood cell count and stimulate appetite and taking liver tablets will naturally increase nitrogen retention. Within weeks, many notice greater strength and endurance. With longer use, you may notice an increase of lean body mass as well. Expect great gains, faster recovery, greater muscle pumps and better overall health.*

COGNITIVE SUPPORT: This synergistic blend of high-quality ingredients such as CDP-Choline, Vinpocetine, Panax Ginseng, and Ginkgo Biloba Extract may support healthy brain function and mental clarity.*

ARNOLD.COM
BUILD YOUR LEGACY

ARNOLD™ SCHWARZENEGGER SERIES

ARNOLD IRON PACK™

ULTIMATE ALPHA MALE TRAINING PACK

MORE THAN A MULTI. THIS IS YOUR ULTIMATE TRAINING PARTNER.

The power to endure intense physical training and extreme cardiovascular sessions requires fine-tuning of your sports nutrition regimen so the body performs at peak levels. Even the most perfectly trained athletes know that effective, targeted and balanced nutrition is an absolute must for achieving maximum training benefits. Neglecting any aspect of nutrition can hold you back, both in the gym and on the field of play. MP Scientists have created the breakthrough IRON PACK™ System. The unparalleled power of over 70 premium, athletic-boosting ingredients combine to amplify physical and mental intensity, delivering a boost in performance. This powerful combination of a daily premium multivitamin, sports nutrients and clinically-studied ingredients delivers the edge athletes want for performance, recovery and rebuilding.

When you take IRON PACK™, rest assured that your body is getting everything it needs to support your performance goals.