

AR-5™ is a new great tasting, powerful, ultra-concentrated amino acid formula designed to fuel and energize working muscles, enhance muscle power and endurance, maximize muscle and whole body hydration, promote rapid muscle recovery, and ignite greater protein synthesis. AR-5™ is a dynamic, bioactive formula that quickly floods your muscles with key performance nutrients to promote energy, lean muscle-growth, strength, endurance and recuperation.*

Recommended Use: Mix one (1) scoop in 12 to 20 ounces of cold water. Drink a serving before, during and immediately after your workout. AR-5 is also great early morning to prime your body with critical muscle-building and energizing aminos and key electrolytes to fuel each day.

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



AST Sports Science
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Rev# AR5L612



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AST

SPORTS SCIENCE

ENERGY

For Ultra-Intense Workouts*

RECOVERY

Rapid Muscle Recovery*

ENDURANCE

Train harder - Train longer*

7 Grams

Micronized BCAA



Lemon
ICE

ULTRA-CONCENTRATED AMINO ACID
MUSCLE ENERGY FORMULA

NEW!

Dietary Supplement Net wt: 525 Grams

AST SPORTS SCIENCE

AR-5™

STRENGTH

Fuel Rapid Strength Increases*

HYDRATION

Electrolytes for Optimum Hydration*

POWER

Develop Explosive Power*

3 Grams

Micronized Glutamine

Supplement Facts

Serving Size: 15 Grams (1 Scoop)

Servings Per Container: 35

	Amount Per Serving	%Daily Value*
Calories	50	
Calories from fat	0	
Total fat	0 g	0%
Saturated Fat	0 g	0%
Cholesterol	0 g	0%
Total Carbohydrate	2 g	<2%
Dietary Fiber	0 g	0%
Sugars	0 g	†
Protein	0 g	0%
Vitamin C (as ascorbic acid)	120 mg	200%
Calcium (as di-calcium phosphate)	55 mg	5%
Phosphorus	240 mg	24%
(as magnesium phosphate, di-sodium phosphate, di-calcium phosphate and potassium phosphate)		
Magnesium (as magnesium phosphate)	68 mg	17%
Sodium (as di-sodium phosphate)	80 mg	3%
Potassium (as potassium phosphate)	85 mg	2%
Micronized BCAA 2:1:1	7000 mg	†
Leucine, Isoleucine, Valine.		
Micronized Glutamine	3000 mg	†
Anti-Catabolic AA Matrix™	1210 mg	
(Methionine, Phenylalanine, Histidine, Proline, Tryptophan, Tyrosine, Citrulline Malate)		
HydroLyte™	1150 mg	
(Magnesium Phosphate, Di-Sodium Phosphate, Di-Calcium Phosphate, Di-potassium Phosphate)		

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

Other ingredients: Citric acid, natural flavors, crystalline fructose, lecithin, tartaric acid, sucralose and beta-carotene (as colorant).

Contains: Soy.

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