

# MUSCLE XGF

## Pack on Lean Muscle Not Fat!

Muscle-XGF is a potent mass gaining formula designed for solid lean muscle growth without fat gain.

**T**ypical weight gainers get their calories mostly from cheap carbohydrates. Excessive carbohydrates only provide "empty" calories. The weight you gain from these sub par products is mostly fat. Gaining lean muscle mass is more than just slamming "empty" calories. That's why **MUSCLE-XGF** delivers you a precision formulation designed to support solid, lean mass weight gain, without adding fat.

### MyoGen-8

MyoGen-8 is our new multi-release, 8-stage, nitrogen-rich protein hybrid – consisting of 8 precision coalesced protein composites designed for slow, medium, and fast nitrogen delivery. You get fast and long lasting nitrogen delivery for immediate and extended protein synthesis. No other weight gainer gives you such a comprehensive protein formula.

### Thermo-Lipid Complex

**MUSCLE-XGF** is formulated with a special thermogenic lipid complex that provides your body with fuel for intense energy and thermogenic calories that support fat burning to make you leaner. Rich in CLA, Omega-3 and Omega-6 fatty acids, **MUSCLE-XGF** delivers the performance and benefits of engineered lipids to support vital hormone production and help promote optimal health.

### Ultra-low in Carbohydrates

New **MUSCLE-XGF** has redefined the weight gainer category. It's ultra low in carbohydrates, but high in

protein and nutrient dense, muscle-building calories. **MUSCLE-XGF** is designed for the typical "hard gainer" – those who have a hard time gaining weight and who want rapid gains in lean muscle growth. **MUSCLE-XGF** gives you constructive, dense calories while at the same time eliminating excessive carbohydrate intake and fat gain.

### Integrated ATP Support System

Each serving of **MUSCLE-XGF** supplies 3 grams of pure micronized creatine monohydrate and ATP co-factors for research proven dynamic muscle and strength gains and muscle creatine saturation.

### BCAAs and L-Leucine

**MUSCLE-XGF** also supplies abundant amounts of BCAAs and free L-Leucine with each serving that are critical to anabolic and anti-catabolic processes.

### The World's Strongest Weight Gainer

Pound for pound, ounce for ounce, gram for gram, **MUSCLE-XGF** is the most powerful weight gainer in the world! It tastes like a gourmet milkshake and supplies all the critical nutrients for supporting fast muscle growth. Each glass provides a hefty caloric punch without giving you that bloated, overly full feeling.

**MUSCLE XGF** The Perfect Weight Gainer™

### Directions:

**MUSCLE-XGF** can be taken anytime you want to add muscle building protein and calories to your diet. Add 2 scoops to 10-12 ounces of cold water. For an even richer and better tasting shake add 2 scoops to 16 ounces of cold skim or whole milk. The rich delicious taste will blow you away.

### Breakfast

**MUSCLE-XGF** shake is perfect for a muscle-building breakfast shake and even better when added to a nutritious breakfast.

### Pre-Workout

For high energy and to flood your muscles with growth promoting nutrients have a **MUSCLE-XGF** shake 1 hour before your workout.

### Post-Workout

A **MUSCLE-XGF** shake is perfect 1 hour after your workout to supply a steady stream of protein and amino acids to hungry muscles.

### Bedtime

A **MUSCLE-XGF** shake before bedtime slams the door on muscle robbing catabolism. It supplies a long-lasting supply of precision nutrients for night-time muscle growth support.

# AST SPORTS SCIENCE

THE PERFECT WEIGHT GAINER™

# MUSCLE XGF™

## XTREME GROWTH FACTOR

- 8 Stage Protein Delivery
- Thermo-Lipid Complex
- Integrated ATP Support System
- Packed with BCAA's and L-Leucine



Dietary Supplement  
Net wt: 1200 grams (2.64 lbs)

*Rich chocolate cream*

## Supplement Facts

Serving Size: 2 Scoops (75 grams)

Servings Per Container: 16 Rich Chocolate Cream

|                                                   | Amount per Serving: | % Daily Value* | w/16oz skim milk | w/16oz whole milk |
|---------------------------------------------------|---------------------|----------------|------------------|-------------------|
| Calories                                          | 350                 | +              | 516              | 642               |
| Calories from fat                                 | 160                 | +              | 160              | 300               |
| <b>Total fat</b>                                  | <b>18 g</b>         | <b>28%</b>     | <b>28%</b>       | <b>52%</b>        |
| Saturated fat                                     | 2.5 g               | 13%            | 13%              | 59%               |
| Trans fat                                         | 0 g                 | 0%             | 0%               | 0%                |
| <b>Cholesterol</b>                                | <b>25 mg</b>        | <b>8%</b>      | <b>12%</b>       | <b>24%</b>        |
| <b>Total carbohydrates</b>                        | <b>9 g</b>          | <b>3%</b>      | <b>11%</b>       | <b>11%</b>        |
| Dietary fiber                                     | 2.5 g               | 10%            | 10%              | 10%               |
| Sugars                                            | 6 g                 | +              | +                | +                 |
| <b>Protein</b>                                    | <b>38 g</b>         | <b>76%</b>     | <b>54 g</b>      | <b>54 g</b>       |
| Vitamin A (as vitamin A acetate)                  | 1650 IU             | 33%            | 53%              | 43%               |
| Vitamin C (as ascorbic acid)                      | 19.8 mg             | 33%            | 33%              | 33%               |
| Vitamin D (as cholecalciferol)                    | 132 IU              | 33%            | 83%              | 81%               |
| Vitamin E (as vitamin E acetate)                  | 9.9 IU              | 33%            | 33%              | 33%               |
| Thiamin (as thiamin mononitrate)                  | 0.5 mg              | 33%            | 47%              | 47%               |
| Riboflavin                                        | 0.56 mg             | 33%            | 85%              | 85%               |
| Niacin (as niacinamide)                           | 6.6 mg              | 33%            | 35%              | 35%               |
| Vitamin B6 (as pyridoxine hydrochloride)          | 0.66 mg             | 33%            | 43%              | 41%               |
| Folic acid                                        | 132 mcg             | 33%            | 33%              | 33%               |
| Vitamin B12 (as cyanocobalamin)                   | 1.98 mcg            | 33%            | 77%              | 69%               |
| Biotin                                            | 99 mcg              | 33%            | 33%              | 33%               |
| Pantothenic acid (as d-calcium pantothenate)      | 3.3 mg              | 33%            | 51%              | 51%               |
| Calcium (as dicalcium phosphate)                  | 430 mg              | 43%            | 105%             | 99%               |
| Iron (as ferrous fumarate)                        | 5.94 mg             | 33%            | 33%              | 33%               |
| Phosphorus (as dicalcium & dipotassium phosphate) | 330 mg              | 33%            | 83%              | 77%               |
| Iodine (as potassium iodide)                      | 49.5 mcg            | 33%            | 33%              | 33%               |
| Magnesium (as magnesium oxide)                    | 130 mg              | 33%            | 47%              | 33%               |
| Zinc (as zinc oxide)                              | 4.95 mg             | 33%            | 47%              | 47%               |
| Copper (as copper gluconate)                      | 0.66 mg             | 33%            | 37%              | 37%               |
| Chromium (as chromium polynicotinate)             | 99.6 mcg            | 83%            | 83%              | 83%               |
| Sodium                                            | 110 mg              | 5%             | 13%              | 13%               |
| Potassium (as dipotassium phosphate)              | 500 mg              | 14%            | 36%              | 34%               |
| Creatine monohydrate                              | 3g                  | +              | +                | +                 |
| L-Leucine                                         | 1g                  | +              | +                | +                 |

\*Daily Value not established.

Percent Daily Value (%DV) are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

|                    |         |                  |                     |          |         |
|--------------------|---------|------------------|---------------------|----------|---------|
| Calories:          | 2000    | 2500             | Calories:           | 2000     | 2500    |
| Total Fat          | >65 g   | 80 g             | Cholesterol         | >300 mg  | 300 mg  |
| Saturated Fat      | >20 g   | 25 g             | Sodium              | >2400 mg | 2400 mg |
| Potassium          | 3500 mg | 3500 mg          | Total Carbohydrates | 300 g    | 375 g   |
| Dietary Fiber      | 25 g    | 30 g             |                     |          |         |
| Calories Per Gram: | Fat 9 - | Carbohydrate 4 - | Protein 4           |          |         |

### Ingredients:

MyoGen-8™ - proprietary 8-stage protein and amino acid hybrid (Calcium caseinate protein, Sodium caseinate protein, Milk protein concentrate, Whey protein concentrate (delivering di-, tri-, oligo-, and polypeptides), Whey protein isolate (from ion exchange), Hydrolyzed whey protein (delivering oligopeptides), Bovine colostrum (delivering immunoglobulin fractions), Glutamine peptides, L-Taurine, L-Leucine, Lactoferrin protein (from ion-exchange separation)), Cocoa powder (Dutch process), Thermo Lipid Complex™ (Sunflower oil, Canola oil, Flaxseed oil, CLA - Conjugated linoleic acid), Fructose, Maltodextrin, Micronized Creatine Monohydrate, Natural and artificial flavors, X-Vite™ vitamin and mineral formula consisting of (Dipotassium phosphate, Magnesium oxide, Dicalcium phosphate, Ascorbic acid (Vitamin C), Vitamin E acetate, Niacinamide (Vitamin B3), Ferrous fumarate, Zinc oxide, d-Calcium pantothenate, Pyridoxine hydrochloride (Vitamin B6), Copper gluconate, Riboflavin (Vitamin B2), Thiamin mononitrate (Vitamin B1), Vitamin A acetate, Folic acid, Chromium polynicotinate, Biotin, Potassium iodide, Cholecalciferol (Vitamin D3), Cyanocobalamin (Vitamin D3)), Mono- and diglycerides, Lecithin, Acesulfame potassium, Sucralose.

**Contains:** Milk and Soy.

**Notice:** Use this product as a food supplement. Do not use for weight reduction. Contents packaged by weight - not volume. Some settling may occur.

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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