

AST
SPORTS SCIENCE

ADVANCED
HYDRATION

NEW!

MUSCLE ENERGY™

BCAA PLUS **ESSENTIAL AMINOS**
HYDRATING ELECTROLYTES

ENERGY • RECOVERY • ENDURANCE

Dietary Supplement Net Wt: 300g (10.58 oz)

30 SERVINGS

ARCTIC BERRY

Research shows that accelerating recovery from exercise gives you better and faster results. **MUSCLE ENERGY™** is a unique **BCAA, Essential Amino Acid, and Hydrating Electrolyte** formula designed to provide your body with critical building blocks you need to fuel muscle energy while you train, support lean muscle growth, provide performance-enhancing hydration and promote rapid muscle repair and recovery.†

Using MUSCLE ENERGY™ For Maximum Results

WORKOUT INTENSITY ▶	INTENSE	HIGH-INTENSITY	RECOVERY
Scoops	1-Scoop	2-Scoops	2-Scoops
BCAAs	5000mg	10000mg	10000mg
EAA's	1550mg	3100mg	3100mg
Electrolytes	580mg	1160mg	1160mg

Recommended Use: As a dietary supplement, mix 1 scoop in 16 to 24 ounces of cold water and shake well to mix. On training days, take 1 serving before and during exercise and 1 serving within 30-minutes after training. On non-training days take 1 to 2 scoops throughout the 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
120 Capital Drive, Golden, CO 80401
1-800-627-2788 WWW.AST-SS.COM
Copyright © 2020 AST Sports Science
Made In USA
REV#: ME-1020
FDA Registration: 11148835776



Supplement Facts

Serving Size: **11.1 grams** Servings Per Container: **30**

Amount per Serving: %Daily Value*

Vitamin B6 (as pyridoxine)	10mg	588%
Vitamin C (as ascorbic acid)	500mg	555%
Sodium (as sodium citrate and chloride)	144mg	6%
Potassium (as potassium citrate)	28.5mg	<1%
Magnesium (as magnesium citrate)	15mg	4%
Chloride (as sodium chloride)	100mg	4%
Zinc (as zinc citrate)	50mg	454%

AMINO ACID BLEND 6,000mg **
2:1:1 BCAA Blend (L-Leucine 2500mg, L-Valine 1250mg, L-Isoleucine 1250mg), L-Taurine 1000mg

ESSENTIAL AMINO ACIDS 1,550mg **
L-Lysine 300mg, L-Threonine 250mg, L-Phenylalanine 500mg, L-Histidine 300mg, L-Tryptophan 50mg, L-Methionine 150mg

ELECTROLYTE BLEND 580mg **
Sodium Citrate 300mg, Sodium Chloride 100mg, Magnesium Citrate 100mg, Potassium Citrate 80mg

**Daily Value not established.

Other Ingredients: Natural & Artificial Flavor, Malic Acid, Citric Acid, Sucralose, Acesulfame K, Silica.

Contents packaged by weight - not volume. Some settling may occur.
Storage Directions: Store in a cool dry place. Keep out of reach of children.