

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

JUICY GRAPE

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.



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120 Capital Drive, Golden, CO 80401
1-800-627-2788 WWW.AST-SS.COM

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Made In USA

REV#: ME-1020
FDA Registration: 11148835776

Supplement Facts

Serving Size: **11.2 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.