

5^{active}
ingredients



build strength & power MPO

strength · size · endurance · recovery

blue raspberry

30
servings

muscle
performance
optimizer

HMB · MEDIATOR PA
HICA · BETA-ALANINE
CREATINE

non
GMO

KETO
friendly

gluten
FREE

PALEO
friendly

3rd party
TESTED

Dietary Supplement | Net Wt 480 grams

#thisisme

strength. **unrivaled.**

Feel unstoppable with increased strength, power, endurance and recovery.*

✓ MPO is a *stimulant-free*, performance enhancer that improves the way your muscles work. Experience a real athletic difference, not the over-stimulated feel of standard pre-workouts.*

The synergy of 5 active ingredients in MPO will dramatically **increase your strength**.*

Our formula will **increase muscle endurance** for more sets, reps and time under tension.*

The 5 ingredients stimulate anabolic mTOR & growth pathways for **increased muscle growth**.*

Our anti-catabolic formula **improves your recovery** by decreasing delayed onset muscle soreness (DOMS) and exercise induced muscle damage (EIMD).*

suggested use: Drink 30 minutes prior to exercise. MPO is not meant to be sipped. Drink completely at one time. To gain muscle, we recommend taking MPO daily, even on days off. It's not necessary to cycle on and off MPO.

optimal dosage	100-130 lbs 1/2 serving	131-190 lbs 1 serving	191-240 lbs 1.5 servings	241 lbs + 2 servings
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ingredient **transparency.**

- ✓ contains no synthetic coloring or unneeded fillers
- ✓ always 3rd party batch tested for quality and safety assurance
- ✓ produced in a GMP certified facility



vegan



non gmo



gluten free



reduce. reuse. recycle.

our bag uses 5x less plastic than traditional plastic tubs and is 100% recyclable

Supplement Facts

Serving Size 1 Scoop (16 grams)
Servings Per Container 30

Amount Per Serving

Creatine Monohydrate	4,500 mg*
HMB (Calcium β-Hydroxy-β-Methylbutyrate)	3,000 mg*
Beta-Alanine	2,000 mg*
HICA (Alpha-Hydroxyisocaproic Acid)	1,500 mg*
Mediator [®] Phosphatidic Acid (PA)	750 mg*

* Daily Value not established.

Other Ingredients: Organic Tapioca Maltodextrin, Citric Acid, Natural Flavors, Stevia Leaf Extract, Silicon Dioxide

Allergen Warning: Manufactured in a facility that processes wheat, milk and soy.

Warning: This product is only intended for healthy adults, 18 years of age or older. Do not use if pregnant or nursing. Consult with a physician before taking this or any dietary supplement product, especially if you are taking medication or have a medical condition. Use only as directed. Store in a cool, dry place. Keep out of reach of children.

Mediator[®] PA is a registered trademark of Chemi Nutra.
Mediator[®] PA is protected under patents pending by Chemi Nutra

*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.