

ARM PLUS+

ANABOLIC RECOVERY MATRIX

25g

Protein

20g

Multisource
Carbohydrates

8g

BCAA

3g

Creatine



Capros®



Carnipure™



No Artificial
Colors



FRUIT
SMOOTHIE

PERFORMANCE

POST-WORKOUT

DIETARY SUPPLEMENT Net Wt. 2.54 LBS (1152g)

A COMPLETE POST-EXERCISE MUSCLE HYDRATION RECOVERY INNOVATION!

The leading post-workout recovery powder is now even better! Featuring newly-added patented ingredients: Capros®, a super antioxidant gooseberry extract which has been shown to improve cardiovascular health and blood flow, and Carnipure™, patented L-Carnitine Tartrate that feeds the muscle post-recovery and also supports a healthy metabolism. These new ingredients will amplify post-recovery.

PROVEN SCIENCE:

Creatine Monohydrate	Most widely researched and tested ingredient in dietary supplements. Has been proven to support strength levels, lean muscle mass, and recovery.
Whey Protein	Rich in naturally occurring amino acids, whey protein helps support muscle repair and recovery while fueling the body with high-quality lean protein.
Carnipure™	Powerful nutrient needed to help support conversion of fat into metabolic energy.
Capros®	A super antioxidant and excellent cardiovascular health ingredient backed by 8 clinical studies that is derived from Amla fruit extract.
Dextrose	A rapidly absorbed simple sugar that helps increase uptake of other key nutrients such as creatine, amino acids, and L-Carnitine.



Creatine MagnaPower® and Albion® Magnesium chelate glycinate (18% chelate) are registered trademarks of Albion Laboratories.



Carnipure™ offers purest L-Carnitine and is a trademark of Lonza Ltd, Switzerland.



Capros® is a registered trademark of Natreon, Inc.

WARNING: Do not use if pregnant, nursing or under 18. Use only as directed. Do not exceed recommended amount. Consult with a health care practitioner before taking this or any dietary supplement, especially if you have or suspect you may have a medical condition or are taking any medications, over-the-counter products, or other dietary supplements. **KEEP OUT OF REACH OF CHILDREN.** Do not use if safety seal is damaged or missing. Store in a cool, dry place.

†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.



70-05-399 06321

To report a serious adverse event, contact:

MAX MUSCLE
NUTRITION

2320 West 54th St. N., Sioux Falls, SD 57107
www.maxmuscle.com

DIRECTIONS: Mix 2 level scoops (approx. 64 g) with 12-16 oz cold water. Shake or stir slowly to avoid excess foaming. Suggested use immediately after workout. Stay well hydrated throughout the day while using this product especially in hot and humid temperatures.

Supplement Facts

Serving Size 2 Scoops (Approx. 64 g) Servings Per Container 18

	Amount Per Serving	% DV*
Calories	185	
Calories from Fat	0	
Total Fat	0.5 g	1%
Saturated Fat	0 g	0%
Trans Fat	0 g	0%
Cholesterol	60 mg	20%
Sodium	75 mg	3%
Total Carbohydrate	20 g	7%
Dietary Fiber	1 g	4%
Total Sugars	19 g	
Includes 16g Added Sugars		32%
Protein	25 g	50%
Vitamin C	250 mg	278%
Thiamin	1.7 mg	135%
Riboflavin	1.7 mg	131%
Niacin (niacinamide)	20 mg	125%
Vitamin B6 (pyridoxine HCl)	2 mg	118%
Folic Acid	400 mcg	100%
Vitamin B12 (cyanocobalamin)	30 mcg	1250%
Pantothenic Acid (D-calcium pantothenate)	50 mg	1000%
Calcium (di-calcium phosphate)	100 mg	8%
Phosphorus (di-calcium phosphate)	100 mg	8%
Magnesium chelate glycinate (18% chelate)	180 mg	43%
Zinc (citrate)	15 mg	136%
Copper (citrate)	2 mg	222%
Manganese (gluconate)	1.5 mg	65%
Chromium (polynicotinate)	160 mcg	457%
Chloride (sodium chloride)	60 mg	3%
Max A.R.M. Recovery Matrix	32,420 mg	**
Whey Protein Concentrate	21000 mg	**
Whey Protein Isolate	9000 mg	**
L-Glutamine	2300 mg	**
Glutamine Peptides [(L-alanyl-L-glutamine, L-glycyl-L-glutamine)]	120mg	**
Max A.R.M. Amino Acid Strength Matrix	8,000 mg	**
Creatine Monohydrate & Creatine MagnaPOWER®	3000 mg	**
Carnipure™ L-Carnitine Tartrate	1000 mg	**
L-Leucine	1000 mg	**
L-Arginine	1000 mg	**
L-Citrulline Malate	1000 mg	**
L-Valine	500 mg	**
L-Isoleucine	500 mg	**
Max A.R.M. Antioxidant Matrix	854 mg	**
Capros® Indian Gooseberry	250 mg	**
Schisandra Extract (Berry)	250 mg	**
Banaba Extract (leaf)	150 mg	**
Fenugreek extract, 4-hydroxyisoleucine (Seed)	90 mg	**
Rhodiola Extract (Root)	49 mg	**
Paeonia Extract (Root)	49 mg	**
Bilberry Extract (Fruit)	16 mg	**

The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**Daily Value not established.

CONTAINS: Milk (Whey Protein), Soy (Lecithin), and Wheat (Glutamine Peptides).

Other Ingredients: Fructose, Dextrose, Waxy Maize Starch, Citric Acid, Natural & Artificial Flavors, Natural Coloring, Acesulfame Potassium, Sucralose Sweetener.

Manufactured in a cGMP facility.

