

Muscle Optimeal®: The Science of Superfoods™

Muscle Optimeal® is a high-fiber, high-protein formula designed for active individuals, providing high-quality proteins, dietary fibers, vitamins, minerals and antioxidants. Muscle Optimeal® is a complete metabolic optimizer formula, incorporating nutrients known to support human performance, including a complex of complete proteins, dietary fibers (soluble and insoluble) and 23 essential vitamins and minerals. This delicious tasting blend mixes instantly into your favorite beverage (including water) for a fast, nutritious drink in a rich chocolate flavor; no blender required. Muscle Optimeal® does not contain any artificial flavors or sweeteners (no Aspartame® or Acesulfame K).

MUSCLE OPTIMEAL® ADVANTAGE

Muscle Optimeal® is a **Tri-Protein Blend** — Each serving of Muscle Optimeal® contains 22 grams of high biological value proteins, providing all essential amino acids, including about 5 grams of Branched Chain Amino Acids (Leucine, Isoleucine and Valine). BCAAs — depleted during intense exercise — are important for enhanced muscle development, muscle repair and gluconeogenesis (synthesis of glucose).* Included among the essential amino acids (i.e., amino acids not manufactured in the body), BCAAs must be provided in the diet. For a better anabolic effect, Muscle Optimeal® includes both fast-digesting and slow-digesting proteins, offering a delayed release of amino acids for sustained muscle protein synthesis.*

Each serving of Muscle Optimeal® contains 6 grams of fiber per serving, yielding 4 grams soluble fiber (promotes cholesterol metabolism and cardiovascular health) and 2 grams insoluble fiber (positively affects elimination as a bulking agent and by promoting increased peristalsis [wave-like motion of intestines]).*

Keep out of the reach of children.

Muscle Optimeal®

Nutrients Per 42 g Serving

Protein.....	22 grams
Glutamine and Glutamic Acid.....	5 grams
Soluble and Insoluble Fibers.....	6 grams

Muscle Optimeal®

Amino Acids Profile Per 42 g Serving

Essential Amino Acids

Isoleucine	1.10 g
Leucine	1.98 g
Valine	1.13 g
Phenylalanine	0.99 g
Methionine	0.44 g
Lysine	1.68 g
Tryptophan	0.35 g
Threonine	1.03 g
Arginine (semi-essential)	1.10 g
Histidine (semi-essential)	0.55 g

Non-Essential Amino Acids

Alanine	0.80 g
Aspartic Acid	2.15 g
Cysteine	0.25 g
Glutamine + Glutamate	5.00 g
Glycine	0.50 g
Proline	1.49 g
Serine	1.14 g
Tyrosine	0.79 g

Total Protein 22.46 grams
Per Serving

* 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.

Jarrow
FORMULAS®

MUSCLE OPTIMEAL®

The Science of Superfoods™
Chocolate Flavor

- High Fiber
- Supports Protein Synthesis*

NET WEIGHT

30 oz (849 g)
POWDER

**DIETARY
SUPPLEMENT**

GLN PepForm®
Glutamine Peptides

Supplement Facts

Serving Size 2 Scoops (42 g)
Servings Per Container approx. 20

Amount Per Serving

Calories	160
Calories from Fat	10

% DV*

Total Fat	1 g	2%
Saturated Fat	0.5 g	3%
Trans Fat	0 g	
Cholesterol	20 mg	7%
Sodium	300 mg	13%
Total Carbohydrate	15 g	5%
Dietary Fiber	6 g	24%
Soluble Fiber	4 g	
Insoluble Fiber	2 g	
Sugars	10 g	

Protein 22 g 44%

Vitamin A	595 IU	12%
Vitamin D	38 IU	10%
Thiamin	0.2 mg	13%
Riboflavin	0.2 mg	12%
Niacin	1.6 mg	8%
Vitamin B ₆	0.2 mg	10%
Folate	32 mcg	8%
Vitamin B ₁₂	0.5 mcg	8%
Biotin	24 mcg	8%
Pantothenic Acid (Vitamin B ₅)	1 mg	10%
Calcium	200 mg	20%
Iron	4 mg	22%
Phosphorus	240 mg	24%
Iodine	60 mcg	40%
Magnesium	120 mg	30%
Zinc	4 mg	27%
Selenium	60 mcg	86%
Copper	0.8 mg	40%
Manganese	0.5 mg	25%
Chromium	15 mcg	13%
Molybdenum	20 mcg	27%
Potassium	200 mg	6%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your caloric needs.

Calories	2,000	2,500
Total Fat	Less than 65 g	80 g
Saturated Fat	Less than 20 g	25 g
Cholesterol	Less than 300 mg	300 mg
Sodium	Less than 2,400 mg	2,400 mg
Total Carbohydrate	300 g	375 g
Dietary Fiber	25 g	30 g

Suggested Use:

Take 1 serving within 30 minutes following completion of exercise (best absorption of nutrients occurs after exercise). Alternatively, 1 serving of Muscle Optimeal® may be used in place of a meal during the day.

Mix 2 scoops (42 g) of powder with 6 to 8 oz. of water, milk, soy milk or your favorite beverage, or you may:

- Blend powder with liquid, ice and fruits for smoothies.
- Mix into cold or cooked cereals.
- Add to baked items (bread, muffins, etc.) or frozen desserts and yogurt.

Ingredients:

Protein blend (milk protein isolate, soy protein isolate, whey protein concentrate), organic cane juice, soluble corn fiber, cocoa powder, Pepform® Glutamine Peptides (hydrolyzed whey protein isolate, L-glutamine), natural flavors, salt, vitamin and mineral blend (magnesium oxide, beta carotene, biotin, zinc oxide, niacinamide, copper gluconate, ferrous sulfate monohydrate, d-calcium pantothenate, manganese sulfate monohydrate, cyanocobalamin, cholecalciferol, pyridoxine hydrochloride, thiamin mononitrate, riboflavin, chromium chloride hexahydrate, folic acid, sodium molybdate dihydrate, sodium selenite), stevia and soy lecithin.

Contains: Milk and soy.

No wheat, no gluten, no egg, no fish/shellfish, no peanuts/tree nuts.

PepForm® is a trademark of Glanbia plc.

Made In The USA

Distributed Exclusively by:
Jarrow FORMULAS®
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03413MOC PROD # 121019



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