



ARNOLD
SCHWARZENEGGER
— SERIES —

ARNOLD IRON DREAM™

CONCENTRATED
NIGHTTIME RECOVERY

NEW!

SLEEP & RECOVERY FORMULA DESIGNED FOR ATHLETES*

- SUPPORTS IMPROVED SLEEP CYCLES*
- MAXIMIZES ANABOLIC-ANTICATABOLIC ENVIRONMENT*
- ENHANCES DEEP SLEEP FOR MAXIMUM GROWTH & RECOVERY*

FRUIT PUNCH

NATURAL & ARTIFICIAL FLAVORS

MP
MUSCLEPHARM

DIETARY SUPPLEMENT
NET WT. 5.92oz (168g)

Supplement Facts

Serving Size: 5.6 g

Servings Per Container: 30

	Amount Per Serving	% DV*
Calories	5	
Total Carbohydrate	1 g	<1%
Vitamin D (as Cholecalciferol)	500 IU	125%
Vitamin B6 (as Pyridoxine Hydrochloride)	10.5 mg	525%
Magnesium (as Magnesium Aspartate)	125 mg	31%
Zinc (as Zinc Aspartate)	30 mg	200%
Copper (as Copper Glycinate)	10 mcg	1%
Boron (as Boron Citrate)	2 mg	**
Arnold's Dream Proprietary Blend	3,555 mg	**

Night Growth Matrix

L-Glycine, Gamma Amino Butyric Acid (GABA), 5-HTP (5-Hydroxytryptophan), Mucuna Pruriens 20% L-Dopa, Horny Goat Weed (Epimedium Sagittatum) Stem and Leaf Extract, N-Acetyl-5-Methoxytryptamine (Melatonin).

Muscle Recovery Matrix

L-Glutamine, BCAA Nitrate 3:1:2 Blend (L-Leucine, L-Valine, L-Isoleucine), Fenugreek (Trigonella Foenum Greacum) Proprietary Seed Extract Standardized to 50% Saponins.

*Percent Daily Value Based on a 2,000 Calorie Diet

**Daily Value Not Established

Other Ingredients: Natural & Artificial Flavors, Citric Acid, Calcium Silicate, Sucralose, Red Beet Juice Powder (for color), Acesulfame Potassium.

ALLERGEN WARNING: This product was produced in a facility that may also process ingredients containing milk, eggs, soybeans, shellfish, fish, tree nuts, wheat, and peanuts.

STORAGE CONDITIONS: 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.

DIRECTIONS FOR IRON DREAM™:

Take one serving (1 scoop) with 6-8 oz. of water 30-45 minutes prior to bedtime. Cycle 5 days on, 2 days off.*

For optimal results 8 hours of sleep are suggested.

DREAM BIG. GROW BIG.*

- CONCENTRATED SLEEP & RECOVERY FORMULA FOR ATHLETES*
- SUPPORTS IMPROVED SLEEP CYCLES*
- MAXIMIZES ANABOLIC-ANTICATABOLIC ENVIRONMENT*
- ENHANCES DEEP SLEEP FOR MAXIMUM GROWTH & RECOVERY*

WARNING: USE ONLY AT BEDTIME. This product may cause drowsiness. Do not drive or operate heavy machinery after taking this product. Do not take with alcohol. This product is only intended for use by healthy adults over 18 years of age. Do not use this product if you are pregnant, expect to become pregnant or are nursing. Consult your physician before using this product if you are taking any prescription or over the counter medications or supplements. Do not use this product if you are at risk or are being treated for any medical condition including, but not limited to: high or low blood pressure; cardiac arrhythmia; stroke; heart, liver, kidney or thyroid disease; seizure disorder; psychiatric disease; diabetes; difficulty urinating due to prostate enlargement or if you are taking a MAO inhibitor. Discontinue use and consult your health care professional if you experience any adverse reaction to this product. Do not exceed recommended serving size or suggested use. **KEEP OUT OF REACH OF CHILDREN.**



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BUILD YOUR LEGACY™

EXCLUSIVELY DEVELOPED
& MANUFACTURED FOR:

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PACKAGED IN USA

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