

# Meet Your New TRAINER!

Fast paced, high intensity cross-training workouts create greater physical challenges than ordinary pre-workout products may be able to handle. New **clinically dosed X-FIT TRAINER™** is specially formulated to help you conquer all of these challenges and get the most out of every workout\*:

- TRAINER contains 100% of the clinical dose of a natural ingredient shown to increase energy levels up to 79%\*. With TRAINER you can maximize focus and intensity with **no synthetic stimulants or any substances banned by WADA.**\*
- TRAINER's massive **3.2 g clinical dose of beta-alanine** can increase buffering of lactic acid up to 35%, so you can **train harder and faster.**\* With **nearly double a clinical dose of creatine**, you can also **boost your strength gains up to 45%.**\*
- Frequent high intensity training can chronically elevate cortisol, a catabolic hormone.\* Only TRAINER contains **CortiFit™**, a patented high potency, adaptogenic botanical extract shown to **lower cortisol up to 24%** so you can **promote lean muscle mass.**\*
- **Increase post-workout fat burning!**\* With TRAINER's clinically dosed thermogenic blend, you can **break down more body fat and continue burning up to 12% more calories for up to 4 hours after your workout.**\*

## BANNED SUBSTANCE FREE\*\*

\*\*Does not contain any substances banned by World Anti-Doping Agency (WADA). CortiFit is protected under US Patent 6,713,092.

\*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.

Clinically  
Dosed

**MHP**  
MAXIMUM HUMAN PERFORMANCE

CITRUS  
LIME

# FIT

# TRAINER™

ENERGY\* • POWER\* • ENDURANCE\*

Pre-Workout Formula

Dietary Supplement

Net Wt. 8.25 oz. (234g)

XTREME FITNESS INTENSITY TRAINING

**DIRECTIONS:** Thirty (30) minutes before training, mix 1 full scoop of TRAINER thoroughly with 8 fl. oz. of cold water, then drink. You may experience a harmless tingling sensation within 1 hour of consuming TRAINER.

## Supplement Facts

Serving Size: 1 Scoop (11.7 g) Serving Per Container: 20

|  | Amount Per Serving | % Daily Value |
|--|--------------------|---------------|
| <b>TRAINER Clinically Dosed Muscular Performance System*</b><br>Creatine Monohydrate, Beta-Alanine   | 8,800 mg           | ‡             |
| <b>TRAINER Post-Workout Sustained Calorie-Burning System*</b><br>Raspberry Ketone, <i>Paullinia cupana</i> Concentrate (seed), <i>Ilex paraguariensis</i> Extract (leaf), Green Tea Extract (leaf), supplying 250 mg of natural caffeine | 620 mg             | ‡             |
| <b>TRAINER CortiFit™ Patented Cortisol-Regulating Adaptogenic*</b><br>High-Potency <i>Withania somnifera</i> (root and leaf) (8% Withanolides)   | 250 mg             | ‡             |

‡ Daily Value not established.

**Other ingredients:** Citric acid, natural flavors, acesulfame potassium, sucralose, Yellow 5 and Blue 1.

**WARNING:** TRAINER is strictly intended for healthy adults 18 years of age and over. Do not use if you are currently unaware of your health status, if you have any pre-existing medical conditions, if you are prone to dehydration, or if you are taking any medication. This product contains caffeine equivalent to roughly 3 cups of brewed coffee. Do not use in combination with caffeine or other stimulants from any other sources. **KEEP OUT OF REACH OF CHILDREN.**

- Keep out of reach of children.
- Protect from heat, light and moisture.
- Do not purchase if seal is broken.
- Store at 15°-30°C (59°-86°F).

Distributed by: MHP, LLC. 21 Dwight Place,  
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