

• ANTI-CATABOLIC • ENDURANCE • RECOVERY

Max Muscle Sports Nutrition is proud to introduce **XTR**, Extreme Training Recovery Formula. A scientifically-based formula to provide the body with high potency branched-chain amino acids in the ideal and evidenced-based 2:1:1 ratio of Leucine, Isoleucine, and Valine. Specifically designed for the post-workout, the ingredients in **XTR** function to support rapid recovery, muscle anabolism and anti-catabolism.

BCAAs (L-Leucine, L-Valine and L-Isoleucine) are highly concentrated in muscles (35%) and have been shown to serve as important fuel sources during periods of high-intensity exercise. The BCAAs improve protein & nitrogen balance in muscle, preserve muscle glycogen reserves, suppress protein catabolism, and overall have an anti-catabolic effect.

L-Citrulline-DL-malate promotes aerobic energy production, serves to remove lactate and ammonia from muscle cells, reduces muscle fatigue, supports arginine synthesis and is a superior ingredient for nitric oxide (NO) production.

L-Glutamine (Gln) is the most abundant amino acid in muscles (60%). Gln is often depleted during exercise and overtraining. Athletes may not produce enough Gln to support muscle requirements during recovery. Gln is a "workhorse" amino acid to prevent protein catabolism (breakdown) and clearly anti-catabolic.

L-Glycine supports natural GH and adds to the sweet flavor of XTR.

Arginine Alpha-Ketoglutarate (A-ARG) has been shown to enhance the absorption of arginine. Arginine Alpha-Ketoglutarate enhances the production of nitric oxide.

Alpha-ketoglutaric Acid or Alpha-ketoglutarate (AKG) is a major link or gateway of the Citric Acid Cycle to amino acid (protein) synthesis. Alpha-ketoglutarate is a metabolic precursor to synthesize cellular glutamine. AKG has been used to improve athletic performance.

Vitamins C, B6, B12 and **Biotin** are metabolic cofactors for enhanced biochemical utilization of the BCAAs.

† 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.



ADVANCED BRANCHED-CHAIN AMINO ACID FORMULA†



XTREME TRAINING RECOVERY



- **High Potency, Dual-Indication Pre & Post Workout Formula†**
- **Supports Muscle Anabolism & Rapid Recovery†**
- **Enhances Blood Volume for Increased Exercise Intensity†**



DIETARY SUPPLEMENT • Net Wt. 429 g (0.945 lb)

Directions: As a dietary supplement mix two (2) level scoops (approximately 14.3 gm) with 8-12 ounces of pure cold water or juice of choice. Stir briskly or shake in a closed container until mixed. Best if consumed immediately before or after a workout or within 30 minutes of preparation. Add sweetener, increase water or juice content for taste preference.

Supplement Facts

Serving Size: Two (2) Level Scoops (Approx. 14.3g)
Servings Per Container: Thirty (30)

	Amount Per Serving	%DV*
Calories Per Serving:	0 g	
Calories from Fat:	0 g	
Vitamin C (ascorbic acid)	60 mg	100%
Vitamin B6 (pyridoxine HCl)	10 mg	500%
Vitamin B12 (cyanocobalamin)	6 mcg	100%
Biotin	300 mcg	100%
BCAA and Synergistic Amino Acid Proprietary Blend	11 g	†
L-Leucine, L-Isoleucine, L-Valine, L-Glutamine, L-Glycine, L-Citrulline Malate		
Synergistic Metabolites	3 g	†
Arginine Alpha-Ketoglutarate and Alpha-Ketoglutaric Acid		

*Percent Daily Values are based on a 2,000 calorie diet.
†Daily Value not established.

Other Ingredients: Acesulfame Potassium, Sucralose Sweetener, Natural and Artificial Flavor (FD & C Red No. 40)

ALLERGY INFORMATION: Manufactured in a facility that processes milk, soy and egg proteins, peanuts, other tree nuts and wheat.

WARNING STATEMENT: Consult a Physician before starting any diet and exercise program and before using this product. Discontinue use and call a physician or licensed qualified health care professional immediately if you experience unexpected side effects. If pregnant, nursing or taking prescription medications, consult a licensed healthcare practitioner prior to use.

KEEP OUT OF REACH OF CHILDREN.

STORE IN A COOL, DRY PLACE AWAY FROM MOISTURE AND SUNLIGHT. ALWAYS KEEP TIGHTLY SEALED.

For a serious fitness quest, contact:
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