

FIVE POWERFUL PROTEINS

Max High 5 Synergistic Protein Complex is the ideal blend of 5 proven and highly effective protein sources. We specifically combined and balanced these protein sources to optimize protein uptake and absorption. This process increases the duration of nitrogen retention, and may enhance muscle recovery and strength.[†]

MMSN's unique Synergistic Protein Complex provides continuous protein utilization because of its optimum blend and proportions of 5 distinctly different protein sources. MMSN's whey protein concentrate and potent whey protein isolate occupy the one-hour through two-hour utilization period, while soy protein isolate carries your muscle building through the third-hour. Potassium caseinate and egg white albumen absorb more slowly, taking up to four-hours for gastric emptying.

It's not just the 5 proteins that make **Max High 5** perform. It's the specific proportions in our unique combination (a proprietary secret) that makes **Max High 5** your best protein investment.

Max High 5 Synergistic Protein Complex allows you to continuously absorb 5 ideal protein sources. This ideal proprietary balanced formulation provides up to four-hours of maximum protein uptake and utilization.

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



†These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

SYNERGISTIC PROTEIN COMPLEX



HIGH 5

FIVE POWERFUL PROTEINS

- Powerhouse of 5 Unique Multi-Source Proteins
- Full-Spectrum Nitrogen Retention[†]
- Promotes Muscle Recovery and Strength[†]

26g OF SYNPRO™ PER SERVING

NET WT. 48 OZ (3 LBS) 1,362 G

BANANA
FLAVOR

Nutrition Facts

Serving Size: One (1) Scoop (Approx. 32 g)
Servings Per Container: 43

	Amount Per Serving	% DV*
Calories	118	
Calories from fat	10	
Total Fat	1 g	1%
Saturated Fat	1 g	2%
Cholesterol	28 mg	9%
Sodium (naturally occurring)	72 mg	3%
Potassium	500 mg	14%
Total Carbohydrate	1 g	1%
Dietary Fiber	0 g	0%
Sugars	1 g	**
Protein	26 g	52%

Vitamin A 0% Vitamin C 0% Calcium 15% Iron 0%

*Percent Daily Values are based on a 2,000 calorie diet.

**Daily Value not established.

	Calories	2000	2500
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	2400 mg	2400 mg
Potassium	Less Than	3500 mg	3500 mg
Total Carbohydrate		300 g	375 g
Dietary Fiber		25 g	30 g

Calories Per Gram Fat 9 - Carbohydrate 4 - Protein 4

Directions: Add one (1) scoop to 6 to 10 ounces of water, milk or juice. Stir with spoon or mix in a Max Shaker Cup for ultimate convenience. Using less fluid will create a thicker tasting shake. By experimenting with different amounts of liquid you will be able to determine exactly what your taste preference is.

Ingredients: "SynPro" MMSN's proprietary blend of synergistic time releasing proteins (whey protein concentrate, soy protein isolate, egg white albumen, potassium caseinate, and whey protein isolate), glycine, guar gum, cellulose gum, natural and artificial flavors (FD&C Yellow No. 5), acesulfame potassium, sucralose sweetener.

Contains: Milk, soy and egg.
Manufactured in a facility that processes milk, soy, shellfish, egg, tree nuts and wheat.



To report a serious adverse event, contact:
Max Muscle Sports Nutrition
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