

## The Complete Post-Exercise Muscle Hydration Recovery Innovation!

**Max ARM** (Anabolic Recovery Matrix) from Max Muscle Sports Nutrition (MMSN) was designed to follow rapid recovery and anabolic science. Created to be the ultimate post-workout formula, **Max ARM** provides the necessary nutrients to support maximum muscle mass activation, restore fluids and electrolytes, replenish glycogen and accelerate overall muscle recovery and repair. **Max ARM** provides bioactive ingredients to support muscle enzyme activators of protein synthesis, Akt/mTOR (rapamycin) and p70 S6 kinases, muscle Heat Shock Protein (HSP) activating nutrients and GLUT4 potentiators.<sup>1</sup>

To support protein synthesis and nitrogen retention post-exercise, each serving of **Max ARM** delivers 28 grams (56% DV) of the highest quality blend of whey protein isolate (WPI) and whey protein concentrate (WPC) available.

**Max ARM** contains the Muscle Akt/mTOR and p70 S6k Activator Blend. Muscle Akt/mTOR and p70 S6k kinases are muscle enzyme activators of protein synthesis and supported by the branched-chain amino acids (BCAA) along with arginine, citrulline malate and the same proprietary blends found in MMSN **Cx3™** including CreaPure®, Creatine MagnaPower®, and Creatine Pyruvate.

An exciting area in the molecular biochemistry of protein synthesis are the role of Heat Shock Proteins (HSP). HSP are molecular chaperones that aid in the transport of proteins throughout the cell's various compartments to support protein synthesis. **Max ARM** contains the Heat Shock Protein Activator Blend with glutamine peptides, bilberry, schisandra, rhodiola and paeonia.

**Max ARM** contains the functional glutamine peptides found in **Gluta Matrix™** including the Gluta-Tri Triple Fusion Blend™ (L-glutamine, glutamine peptides [L-alanyl-L-glutamine, L-glycyl-L-glutamine (from hydrolyzed gluten)]).

Each serving of **Max ARM** provides 32 grams of multi-source carbohydrates with rapid to extended absorption rates including, waxy maize starch (amylpectin), maltodextrin, fructose and dextrose. **Max ARM** provides the ideal forms and amounts of carbohydrates to pack glycogen in muscles for maximum recovery.

For maximum muscle cell carbohydrate enhancement, **Max ARM** provides the GLUT4 Activator Blend with banana leaf extract (1% corosolic acid) and Promilin® (fenugreek extract, 4-hydroxyisoleucine). Promilin® functions to potentiate the action of insulin resulting in complete post-exercise replenishment of carbohydrates in the muscles and promoting increases in muscle mass and strength. Additionally, research has demonstrated that corosolic acid, a triterpenoid compound, facilitates glucose transport within cells by stimulating glucose transporter isoform 4 translocation (GLUT4). By activating GLUT4 this assures maximum carbohydrate utilization by muscles.<sup>1</sup>

**Max ARM** is the total package for complete recovery science providing the necessary ingredients for rapid and efficient recovery and muscle building. **Max ARM** is instantized and delivers a refreshing and satisfying Lemon Lime flavor. Hydration recovery at its finest...you won't need anything else!

† 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.



70-05-033 15012

MAXIMIZE LEAN MUSCLE GROWTH & INCREASE RECOVERY!



M

A

X

# MAX ARM

ANABOLIC • RECOVERY • MATRIX

- Features Multi-Fractional Whey Proteins and Full-Spectrum Carbohydrates
- Provides Muscle Akt/mTOR and p70(S6K) Activators<sup>1</sup>
- Provides Muscle Heat Shock Protein (HSP) Activators<sup>1</sup>
- Provides Muscle GLUT4 Activators<sup>1</sup>

**LEMON LIME**  
DIETARY SUPPLEMENT • NET WT. 2.64 LBS (1198 G)



## Supplement Facts

Serving Size: 2 Scoops (Approx. 64 g)  
Calories: 250

Servings Per Container: 18  
Calories from Fat: 0

|                                           | Amount Per Serving | % Daily Value* |
|-------------------------------------------|--------------------|----------------|
| <b>Total Fat</b>                          | 0.5 g              | 1%             |
| Saturated Fat                             | 0 g                | 0%             |
| Trans Fat                                 | 0 g                | 0%             |
| <b>Cholesterol</b>                        | 60 mg              | 19%            |
| <b>Sodium</b>                             | 25 mg              | 3%             |
| <b>Total Carbohydrate</b>                 | 32 g               | 11%            |
| Dietary Fiber                             | 1 g                | 5%             |
| Sugars                                    | 19 g               |                |
| <b>Protein</b>                            | 28 g               | 56%            |
| Vitamin C (ascorbic acid)                 | 250 mg             | 417%           |
| Thiamin (thiamin HCl)                     | 1.5 mg             | 100%           |
| Riboflavin                                | 1.7 mg             | 100%           |
| Niacin (niacinamide)                      | 20 mg              | 100%           |
| Vitamin B6 (pyridoxine HCl)               | 2 mg               | 100%           |
| Folic Acid                                | 400 mcg            | 100%           |
| Vitamin B12 (cyanocobalamin)              | 30 mcg             | 500%           |
| Pantothenic Acid (D-calcium pantothenate) | 50 mg              | 500%           |
| Calcium (d-calcium phosphate)             | 100 mg             | 10%            |
| Phosphorus (d-calcium phosphate)          | 195 mg             | 19%            |
| Magnesium chelate glycinate (18% chelate) | 200 mg             | 50%            |
| Zinc (citrate)                            | 15 mg              | 100%           |
| Copper (citrate)                          | 2 mg               | 100%           |
| Manganese (gluconate)                     | 1.5 mg             | 75%            |
| Chromium (polynicotinate)                 | 160 mcg            | 133%           |
| Chloride (sodium chloride)                | 60 mg              | 2%             |

**Max ARM Muscle Akt/mTOR and p70 S6K Activator Blend:**  
L-Leucine, L-Valine, L-Isoleucine, L-Arginine, L-Citrulline malate, Creatine Cx3™ Blend (CreaPure®, Creatine MagnaPower®, Magnesium Creatine Chelate), Creatine Pyruvate

**Max ARM Heat Shock Protein Activator Blend:**  
Gluta Matrix™ Gluta-Tri Triple Fusion Blend™ & Glutamine, Glutamine peptides [L-alanyl-L-glutamine, L-glycyl-L-glutamine (from hydrolyzed gluten)], Bilberry (Vaccinium myrtillus) extract (contains 5% anthocyanosides), Schisandra chinensis extract (berry) (contains 2% schisandrin), Rhodiola rosea extract (contains 3% total rosavins and 1% salidroside), Paeonia lactiflora extract (root) (contains 10% paeoniflorin)

**Max ARM GLUT4 Activator Blend:**  
Banaba leaf extract (Lagerströmia speciosa) (contains 1% corosolic acid), Promilin® (fenugreek extract, 4-hydroxyisoleucine)

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

<sup>1</sup>Daily Value not established.

**Directions:** Mix 2 scoops (approx. 64 g) with 12-16 oz ice cold water. Shake or stir slowly to avoid excess foaming. Suggested use immediately after workout preferably without food. Stay well hydrated throughout the day while using this product especially in hot and humid temperatures.

**Other Ingredients:** Whey Protein Concentrate, Crystalline Fructose, Maltodextrin, Whey Protein Isolate, Dextrose, Waxy Maize Starch (Amylopectin), Citric Acid, Natural & Artificial Flavor (FD&C Yellow No. 5 and Blue No. 1), Lecithin, Acesulfame Potassium, Sucralose Sweetener.

**CreaPure®**

CreaPure® is a registered trademark of ALCHEM LLC.

**CREATINE MagnaPower™**

Creatine MagnaPower™ is a trademark of Abion Laboratories

Promilin® (U.S. Patent #: 7,338,675) is a registered trademark of TSI Health Sciences, Inc., USA.

Abion® Magnesium chelate glycinate (18% chelate)

**CONTAINS:** Milk (Whey Protein), Soy (Lecithin) and Wheat (Glutamine Peptides). Manufactured in a facility that processes milk, soy, shellfish, egg, peanuts and other tree nuts, and wheat.

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

To report a serious adverse event, contact:  
**Max Muscle Sports Nutrition**  
210 W. Taft Ave., Orange, CA 92665  
[www.maxmuscle.com](http://www.maxmuscle.com)

