

BIOACTIVE POST-WORKOUT MUSCLE GROWTH & RECOVERY ACTIVATOR*

SECRET SAUCE is the world's first BIOACTIVE POST-WORKOUT FORMULA enhanced with pharmaceutical grade BSA (Bovine Serum Albumin) for potent anabolic action and fast recovery. BSA is a scientifically documented bioactive protein derived from bovine blood plasma. Researchers have identified BSA to have multiple biological factors that help influence muscle growth. Some of the biological factors and functional properties of BSA include its bioactive peptides and growth factors, high concentrations of leucine and essential muscle building amino acids, high osmolality and its ability to enhance the uptake and transport of nutrients such as creatine, amino acids and glucose into blood plasma and speed delivery to muscle tissue.*

While BSA is the central core to SECRET SAUCE's anabolic action, this unique muscle building formulation contains many other powerful clinically researched ingredients that help make SECRET SAUCE the most advanced post-workout formula on the market.*

Stimulating protein synthesis, modulating the anabolic effects of insulin and replenishing muscle glycogen and ATP are critical for optimal post-workout supplementation. Research has shown leucine to be perhaps the most anabolic and effective amino acid for activating mTOR and stimulating protein synthesis. SECRET SAUCE doubles down with both naturally occurring leucine in BSA and an additional 5 gram leucine-loaded dose of BCAAs in an anabolic 10:1:1 ratio to trigger increased protein synthesis. To ensure peak ATP replenishment, SECRET SAUCE utilizes MuscleMeds Power-AMP Cre3 Creatine Complex consisting of creatine monohydrate, Creatine Magnapower® and creatine gluconate. Post-workout creatine uptake and ATP replenishment is enhanced by BSA's plasma transport gradient, leading increased cell volumizing, muscle size and recovery.*

The next important step to complete post-workout supplementation is to optimize the anabolic activity of insulin and replenish glycogen. SECRET SAUCE has taken insulin spiking and glycogen replenishment to an advanced level with the inclusion of the insulinotropic amino acids glycine and phenylalanine in combination with MuscleMeds proprietary iSPIKE Insulin-Release-Amplifying Reactive Carbohydrate System. These insulinotropic aminos work in tandem with the iSPIKE reactive carbohydrates and BSA plasma transport to activate a highly anabolic insulin surge and super fast muscle glycogen and ATP saturation. This dynamic trio also enhances the uptake of other key nutrients, peptides and growth factors in BSA to trigger the post-workout growth and repair of muscle tissue.*

If you train hard and want to get the most out of your workouts, SECRET SAUCE is your post-workout recipe for massive gains in muscle mass and super-fast recovery!*



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Scan to watch "The Making of SECRET SAUCE Video" from the *Generation Iron* DVD!

KAI TRAINING
IMAGE

*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.



MuscleMeds™
PERFORMANCE TECHNOLOGIES

NEW!

**The World's First BIOACTIVE POST-WORKOUT FORMULA
With Pharmaceutical Grade BOVINE SERUM ALBUMIN**

SECRET SAUCE

MUSCLE GROWTH & RECOVERY ACTIVATOR*

5g BSA BIOACTIVE PEPTIDES & GROWTH FACTORS

5g LEUCINE LOADED 10:1:1 BCAAs

50g iSPIKE REACTIVE CARB SYSTEM

5g POWER-AMP CRE3 CREATINE COMPLEX

Dietary Supplement
3.11lbs (1410g)

PUNCH

Naturally & Artificially Flavored

iSPIKE
TECHNOLOGY

DIRECTIONS: Mix two scoops of SECRET SAUCE with 12 fl. oz. of water in a shaker. Shake vigorously and drink immediately after your workout.

Supplement Facts		
Serving Size: 2 Scoops (70.5 g)		Servings Per Container: 20
	Amount Per Serving	% DV†
Calories	220	
Total Carbohydrate	50 g	17
Sugars	0 g	‡
Protein	4 g	8%
Chromium (as Chromium 454® Bio-Organic Yeast Matrix)	200 mcg	167%
Sodium	104 mg	4%
SECRET SAUCE Bioactive Muscle Growth and Recovery Activator 70,000 mg ‡		
iSPIKE Technology (consisting of Insulin-Release Amplifying Reactive Carbohydrate System (micronparticulated maltodextrin, micronparticulated waxy maize, amylase and glucoamylase) and Insulin-Signal Amplifying System (Agaricus blazei, D-pinitol, 4-hydroxyisoleucine, patent-pending Chromium 454®))		
Pharmaceutical Grade Bioactive BSA (Bovine Serum Albumin Concentrate derived from bovine blood plasma)		
Highly Anabolic and Insulinotropic Amino Complex [10:1:1 BCAA Complex (L-leucine, L-isoleucine, L-valine) glycine, L-phenylalanine]		
Power-AMP Cre3 Creatine Complex [creatine monohydrate, Creatine Magnapower® (as magnesium creatine chelate) and creatine gluconate]		
† Percent Daily Values based on a 2,000 calorie diet. ‡ Daily Value not established.		

Other ingredients: Citric acid, natural flavors, acesulfame potassium, sucralose and Red 40.

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MuscleMeds™
PERFORMANCE TECHNOLOGIES

Manufactured for and Distributed by:
MuscleMeds Performance Technologies
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1.888.575.7067 • MuscleMedsRx.com



• Keep out of reach of children.
• Do not purchase if seal is broken.
• Store at 10°-30°C (50°-86°F).
• Protect from heat, light and moisture.