

LEAN MASS-PEAK ADVANTAGE

RECOVERY

1 SCOOP

- Precise Macronutrient Ratio
- Rebuild Muscle*
- Reduce D.O.M.S.*
- Replenish Glycogen*

22 G PROTEIN!

Use it after training or in between meals. Infused with BCAAs & coconut powder for enhanced recovery.*

MEAL

2 SCOOPS

- Loaded with Vitamins & Minerals
- Complete Nutrition
- 2:1 Thermic Effect*
- Low Fat, High Protein

44 G PROTEIN!

Never miss a meal. Use it every day to help build muscle and support healthy fat loss.*

GAINER

3 SCOOPS

- High-Protein Gainer Ratio
- Made for Hard Gainers
- Clean, Complete Protein
- Lean Mass Gainer

66 G PROTEIN!

The clean, healthy way to build lean mass without excess fat.*

Indisputable Results.*

INNERARMOUR.COM

CLEAN
COMPLETE
PROTEIN

UP TO
66G
PROTEIN
35
SCOOPS

7-STAGE
CARB FUEL

BCAA 12:1:1
LEUCINE
LOADED

VITAMINS
& MINERALS

BANNED
SUBSTANCE
FREE

INFORMED
CHOICE
Trusted by sport

inner
ARMOUR
SPORTS NUTRITION

LEAN
MASS
3-IN-1 MUSCLE FUEL*

1 RECOVERY
2 MEAL
3 GAINER

ALL NATURAL FLAVORS & SWEETENERS

DARK CHOCOLATE

NET WT
6.16 lb.
276.8 g

RECOVERY 1 SCOOP

Suggested Use for 1 Scoop: Mix 1 serving (1 scoop) with 5-8 oz. of water and consume immediately after competition or after training on workout days. On non-workout days consume in between meals for best results.

Supplement Facts

Serving Size: 1 Scoop	Amount per Serving	% Daily Value*
Calories 200	Calories from Fat 10	% Daily Value
Total Fat	2 g	4%
Saturated Fat	2 g	100%
Trans Fat	0 g	0%
Monounsaturated	100 mg	100%
Sodium	100 mg	20%
Potassium	200 mg	40%
Total Carbohydrate	44 g	100%
Dietary Fiber	2 g	4%
Sugars	11 g	22%
Protein	22 g	44%
Vitamin B 10%	Vitamin C 10%	Calcium 40%

*Percent Daily Value is based on a diet of 2,000 calories.

MEAL 2 SCOOPS

Suggested Use for 2 Scoops: Mix 2 servings (2 scoops) with 10-12 oz. of water or skim milk and consume immediately after training or as a meal.

Supplement Facts

Serving Size: 1 Scoop	Amount per Serving	% Daily Value*
Calories 200	Calories from Fat 10	% Daily Value
Total Fat	2 g	4%
Saturated Fat	2 g	100%
Trans Fat	0 g	0%
Monounsaturated	100 mg	100%
Sodium	100 mg	20%
Potassium	200 mg	40%
Total Carbohydrate	44 g	100%
Dietary Fiber	2 g	4%
Sugars	11 g	22%
Protein	22 g	44%
Vitamin B 10%	Vitamin C 10%	Calcium 40%

*Percent Daily Value is based on a diet of 2,000 calories.

GAINER 3 SCOOPS

Suggested Use for 3 Scoops: Mix 3 servings (3 scoops) with 15-18 oz. of water or skim milk and consume once daily before, during or immediately after training. Due to intensive caloric content and high potency, you may wish to consume 1-2 times daily.

Supplement Facts

Serving Size: 1 Scoop	Amount per Serving	% Daily Value*
Calories 200	Calories from Fat 10	% Daily Value
Total Fat	2 g	4%
Saturated Fat	2 g	100%
Trans Fat	0 g	0%
Monounsaturated	100 mg	100%
Sodium	100 mg	20%
Potassium	200 mg	40%
Total Carbohydrate	44 g	100%
Dietary Fiber	2 g	4%
Sugars	11 g	22%
Protein	22 g	44%
Vitamin B 10%	Vitamin C 10%	Calcium 40%

*Percent Daily Value is based on a diet of 2,000 calories.

CARBO PEAK™ (Seven Stage Carbohydrate Fuel Stack): High Molecular Weight Maltodextrin Polymer, Sweet Potato Powder, Quinoa Flour, Cluster Dextrin® (Highly Branched Cyclic Dextrin)

MASS PEAK™ 2:1 (Anabolic Muscle Protein Synthesis Stimulating Stack): 100% Unstripped Whey Protein Concentrate, Milk Protein Concentrate, Whey Protein Isolate

BCAA PEAK™ (12:1:1 Leucine Loaded Recovery Stack): L-Leucine, L-Isoleucine, L-Valine, L-Glycine, Naturally Occurring L-Glutamine, Coconut Powder (for Additional Recovery)

DEFENSE PEAK™ (Vitamin & Mineral Stack): Vitamin A (Vitamin A Palmitate), Vitamin C (Ascorbic Acid), Vitamin D₃ (Ergocalciferol), Vitamin E (DL-Alpha Tocopheryl Acetate), Vitamin K (Phytonadione), Vitamin B₁ (Thiamine Mononitrate), Vitamin B₂ (Riboflavin), Vitamin B₃ (Nicotinamide), Vitamin B₆ (Pyridoxine Hydrochloride), Folic Acid, Vitamin B₁₂ (Cyanocobalamin), Biotin, Pantothenic Acid (Calcium D-Pantothenate), Phosphorus (Calcium Phosphate, Magnesium Phosphate), Calcium (Calcium Phosphate), Iron (Ferric Orthophosphate), Iodine (Potassium Iodide), Magnesium (Magnesium Phosphate), Zinc (Zinc Oxide), Copper (Copper Gluconate)

ENZYME PEAK™ (Digestive Enzyme Stack): Protease, Amylase, Lactase

ALLERGEN INFORMATION: Contains milk and soy. Produced in a facility that also processes egg, peanut, tree nut, fish/shellfish oils and wheat.

Manufactured for and Distributed by Inner Armour® Sports Nutrition, 80 White Oak Dr, Berlin, CT 06037 (800) 558-7723
Manufactured in an FDA & GMP certified facility.

Protect from heat, light and moisture.
Do not purchase if seal is broken.
Keep out of reach of children.
Store at 15-20°C (59-68°F).

CONSULT YOUR HEALTH CARE PROFESSIONAL PRIOR TO USE. IF YOU HAVE OR SUSPECT A MEDICAL CONDITION, ARE TAKING PRESCRIPTION DRUGS, OR ARE PREGNANT OR LACTATING.

Do not use this product if you are before informed or have a milk protein allergy.

INNER ARMOUR PRODUCTS ARE TESTED FOR PROTEIN USING AOAC 990.23 METHOD OF CALCULATING TOTAL NITROGEN CONTENT AND MULTIPLYING BY THE PROTEIN FACTOR.

**Informed-Choice is a quality assurance program for sports nutrition products. The program certifies that all nutritional supplements that bear the Informed-Choice logo have been tested for banned substances by the world-class sports anti-doping lab, LGC.

*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.

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