

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.*

**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
ORG
Trusted by sport

**inner®
Armour
SPORTS NUTRITION**

**LEAN
MASS
3-IN-1 MUSCLE FUEL***

1 SCOOP RECOVERY
2 SCOOPS MEAL
3 SCOOPS GAINER

ALL NATURAL FLAVORS & SWEETENERS

COOKIES & CREAM

NET WT.

6.16lb.
(2.8 KG)

DIETARY SUPPLEMENT

GLUTEN FREE

RECOVERY 1 SCOOP

Suggested Use for 1 Scoop: Mix 1 serving (1 scoop) with 5-6 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

Amount per Serving	Calories 290	Calories from Fat 25
		% Daily Value**
Total Fat	2.5 g	4%
Saturated Fat	1.5 g	8%
+ Trans Fat	0 g	
Cholesterol	115 mg	38%
Sodium	150 mg	6%
Potassium	15 mg	<1%
Total Carbohydrate	44 g	15%
Dietary Fiber	0 g	0%
Sugars	11 g	†
Protein	22 g	†
Vitamin A 13%	•	Vitamin C 13%
Calcium 46%	•	Iron 6%

**Percent Daily Value Based on a 2,000 Calorie Diet.

OTHER INGREDIENTS: Sugar Cane Powder, Gluten-Free Cookie Crumbs (Rice Flour, Tapioca Starch, Sugar Cane Powder, Palm Oil, Cocoa Processed with Alkali, Cornstarch, Salt, Chocolate Liquor, Natural Flavor, Sodium Bicarbonate, Soy Lecithin), Natural Flavor, Guar Gum, Xanthan Gum, Salt, Stevia.

Manufactured for and Distributed by Inner Armour® Sports Nutrition, 83 White Oak Dr, Berlin, CT 06037 (860) 656-7720

Manufactured in an EU & GMP certified facility.

Do not use this product if you are lactose intolerant or have a milk protein allergy.

INNER ARMOUR PRODUCTS ARE TESTED FOR PROTEIN USING AOAC 992.23 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.

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

Amount per Serving	Calories 570	Calories from Fat 50
		% Daily Value**
Total Fat	5 g	8%
Saturated Fat	3.5 g	18%
+ Trans Fat	0 g	
Cholesterol	230 mg	77%
Sodium	300 mg	13%
Potassium	35 mg	1%
Total Carbohydrate	88 g	29%
Dietary Fiber	1 g	4%
Sugars	22 g	†
Protein	44 g	†
Vitamin A 27%	•	Vitamin C 26%
Calcium 93%	•	Iron 11%

† Daily Value not Established.

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 massive caloric content and high potency, you may wish to consume ½ serving 2-3 times daily

Supplement Facts

Amount per Serving	Calories 860	Calories from Fat 70
		% Daily Value**
Total Fat	8 g	12%
Saturated Fat	5 g	25%
+ Trans Fat	0 g	
Cholesterol	345 mg	115%
Sodium	450 mg	19%
Potassium	50 mg	1%
Total Carbohydrate	132 g	44%
Dietary Fiber	1 g	4%
Sugars	33 g	†
Protein	66 g	†
Vitamin A 40%	•	Vitamin C 38%
Calcium 139%	•	Iron 17%

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 D2 (Ergocalciferol), Vitamin E (DL-Alpha Tocopheryl Acetate), Vitamin K (Phytonadione), Vitamin B1 (Thiamine Mononitrate), Vitamin B2 (Riboflavin), Vitamin B3 (Niacinamide), Vitamin B6 (Pyridoxine Hydrochloride), Folic Acid, Vitamin B12 (Cyanocobalamin), Biotin, Pantothenic Acid (Calcium D-Pantothenate), Phosphorous (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/crustaceans/shellfish oils and wheat.

Indisputable Results.*

INNERARMOUR.COM

3-in-1 COOKIES 6.16LB US MJ 7/2015 V4.4

PRINTER WILL GENERATE UPC

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