

SPANNING FIVE DECADES, LEADERS IN PIONEERING AND INNOVATING EFFECTIVE ADVANCED NUTRITIONAL TECHNOLOGIES™

★ **FACT** – Since only protein builds muscle, not carbohydrates and fats, ANABOLIC MUSCLE™ v2.0 (AM²) is very high in the highest quality protein- over 40% of the formulation is protein; other brands are just 15-25% protein with the highest in the 35% range. The facts are that scientific literature proves, and experts and advanced athletes agree, that increased muscular bodyweight and strength can be attained by adding to your diet: 1) additional quality protein, and 2) additional quality calories from protein, in concert with progressive training. AM² provides both, and it does so vastly more effectively than any other brand, and in addition has so much more, providing Advanced Maximum Nutritional Support to further enhance increased Muscle Mass and Strength. AM²'s very high protein content, plus very high calorie content from protein, plus four products in one formulation are far superior to any Muscle Gainer, Mass Gainer or Weight Gainer in the sports nutrition industry. Most brands derive much of their high calorie content from excessive carbohydrates and fats which cannot build muscle, and can trigger fat gains. AM²'s very high protein formula contains the proper amount of quality carbohydrates for energy, to fuel your workouts and to replenish muscle glycogen stores lost from training. AM² is the highest quality super concentrated protein source and contains over 90 grams of quick and extended release proteins in just a 227 gram serving (to be used in two 1/2 servings daily). AM² is a super concentrated protein "pack-it-on muscle food", plus a four products in one Natural Anabolic Muscle and Strength Gainer System, which provides Advanced Maximum Nutritional Support for bringing your goal of Increased Muscle Mass and Strength to fruition.

★ **FACT** – AM² is an advanced and superior, super concentrated highest protein, efficacious Natural Anabolic Muscle Mass and Strength Gainer formula, plus a Mega Potency quick and extended release Protein and Amino Acids formula- very high in BCAA's and Essential Amino Acids, plus a Maximum Strength Post Workout Recovery formula that Maximizes the "Anabolic Window of Growth". NO other brand comes close to AM²'s highest protein four products in one, most comprehensive, most effective, scientifically documented, tested and assayed formulation, providing Advanced Maximum Nutritional Support for enhancing anabolic and anti-catabolic activity, stimulating muscle protein synthesis, promoting a positive nitrogen balance, preventing muscle breakdown, providing anti-cortisol activity and enhancing stamina, endurance, and energy. AM² also contains a full 7000mg per serving of our Advanced Anabolics™ 2.0 Matrix providing further advanced nutritional support for Enhanced Muscle Mass all equating to the most effective formulation in the sports nutrition industry for nutritionally supporting Increased Muscle Mass and Strength with GUARANTEED MAXIMUM RESULTS, not empty calories, marketing hype, and the façade of paid drugged-up bodybuilder endorsements as found in other brands.

★ **FACT** – AM² is a Natural formulation FREE of artificial flavors, artificial colors, artificial sweeteners, sugar alcohols and gluten. It contains NO added salt, gums or preservatives.

★ **FACT** – AM² contains the highest quality Whey, Egg White, and Casein Proteins and Amino Acids - providing quick, medium, and extended release proteins. HEALTHY 'N FIT™ is the proven leader in Protein, Amino Acid, and Muscle Mass Gainer technologies. We were the first to bring the very successful 100% Egg Protein to the sports nutrition industry, and also pioneered the use of the highest quality Whey that exists today - Whey Hydrolysate - 30 years ago, before most sports nutrition companies existed. While many companies are proclaiming Casein as their "new" extended release protein, the fact is that we have been utilizing the extended release benefits of Casein in our product formulations for over 30 years. Our ANABOLIC AMINO 10,000™ is a nearly 200 million bestselling Amino Acids product. Healthy 'N Fit completely changed the gainers category from low quality "fat gainers" into the highest quality, highest protein/amino acids Muscle Mass & Strength Gainers. These achievements are just a small part of our success. To view more FACTS and discover how Healthy 'N Fit changed the course of the sports nutrition industry, please visit our website. While any company can call themselves "a leader", our history of successful achievements clearly sets us apart from other companies as the true proven leader in the sports nutrition industry. There's only one way to achieve that longevity and success in the sports nutrition industry or any industry - by being a company of extensive knowledge and expertise and by making your research, development, innovations, and technologies the foundation and genesis of your product formulations. We go above and beyond what's average or par and provide GUARANTEED MAXIMUM RESULTS you can truly count on.

★ **FACT** – What a company has achieved is synonymous with the quality of its products and their efficacy. Look at the company you are purchasing from or thinking of purchasing from, and see what real technology (not marketing hype or paid drugged-up bodybuilder endorsements) they have brought to the industry. Spanning five decades, Healthy 'N Fit is the proven leader in truly effective advanced nutritional technologies. Some of the largest companies in the industry have consulted with and utilized our services. Healthy 'N Fit pioneered groundbreaking innovations and implemented technologies which today are utilized by nearly every company in the industry. ANABOLIC MUSCLE™ v2.0 reflects this long history of achievements and is GUARANTEED to be more effective than any other product and provide MAXIMUM RESULTS. Our customer satisfaction rate is 99%. Our goal is to exceed your expectations. We sincerely appreciate you, the loyal Health and Fitness enthusiast who's living The Feel Great, Look Great™ Healthy 'N Fit™ Lifestyle, and we THANK YOU for our success, and for utilizing our product formulations.

★ 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.

Copyright 2013, 1991 Healthy 'N Fit International, Inc.

OVER
90g
PROTEIN
and ONLY PROTEIN
BUILDS MUSCLE

SUPER PROTEIN CONCENTRATE
Use only 1/2 serving at a time



Four Effective Products in One for
GUARANTEED MAXIMUM RESULTS:

- 1 – A Highest Protein Anabolic Muscle Mass Gainer formula
- 2 – A Mega Potency Protein/Amino Acids formula
- 3 – A Maximum Strength Post-Workout Recovery formula
- 4 – A 7000 mg per serving Advanced Anabolics™ Matrix formula

Natural Muscle Mass and Strength Gainer

ANABOLIC MUSCLE™ v2.0

SINCE ONLY PROTEIN BUILDS MUSCLE...

Anabolic Muscle's very high protein content and very high calorie content from protein, plus four products in one formulation are superior to any Muscle Gainer, Mass Gainer or Weight Gainer in the industry.

Advanced
Dietary
Supplement

NO Artificial Flavors, Colors or Sweeteners
VANILLA SHAKE
Naturally Flavored, Delicious & Instant

Laboratory
Tested and
Assayed

Net Weight 3.5 lbs. (1 589g)

INGREDIENTS: Pro-Amino™ scientifically documented blend of the highest quality, quick and extended release Natural Anabolic Proteins, Peptides, and Amino Acids (very high in BCAA's and Essential Amino Acids) [including: Highest Bioavailability Whey Protein Complex (containing Whey Protein Concentrate, Isolate, and Hydrolysate - with the added efficacious benefits of Peptides and Protein Fractions consisting of Beta-Lactoglobulin, Alpha-Lactalbumin, Glycomacropeptides, Immunoglobulins, Serum Albumin, and Lactoferrin), Micellar Casein (containing Alpha, Beta, and Kappa Caseins), Egg White Protein and Hydrolysate (rich in Ovalbumin, Ovotransferrin, Ovomucoid, and Ovoglobulin), L-Glutamine, L-Leucine, L-Valine, L-Isoleucine), New Tech™ 2.0 Complex Pro-Carbo™ Blend (Concentrated Glucose Polymers, Brown Rice Powder, Inulin, Ribose), 100% Pure Fructose - the same sugar found naturally in fruits (each serving contains about the same amount of fruit sugar found in one apple - absolutely NO high fructose corn syrup), 7000 mg per serving Advanced Anabolics™ 2.0 Synergistic Matrix (Containing: L-Glycine, Taurine, Creatine Monohydrate, Arginine Alpha-Ketoglutarate, Beta-Alanine, Citrulline Malate, Betaine, L-Theanine, Ornithine Alpha-Ketoglutarate, Rhodiola Rosea, Beta Sitosterol, Fenugreek (*Trigonella Foenum-Graecum*), Zinc Amino Acid Chelate, Magnesium Amino Acid Chelate, Saw Palmetto (*Serenoa Repens*)(Berry), Bee Pollen, Royal Jelly, L-Carnitine, Pyridoxine Alpha-Ketoglutarate, Potassium Bicarbonate, Alpha Lipoic Acid, Phosphatidylserine, Vanadyl Sulfate, Boron, Panax Ginseng (Root), Muira Puama (*Ptychopetalum Olacoides*) (Root), Gamma Oryzanol, Carnosine, CoQ10, Chromium Polynicotinate), Natural Safflower Oil Powder (a natural source of healthful CLA - Conjugated Linoleic Acid), Natural Flavors, Natural Stevia Herb Extract, Lecithin (to naturally instantize the product), Healthy 'N Zyme™ blend of Natural Plant-Derived Proteolytic Digestive Enzymes (containing Papain [from Papaya] and Bromelain [from Pineapple]), Lactase enzyme.

CONTAINS: MILK, EGG, and SOY (Lecithin). Lecithin helps to naturally instantize the product. All Whey and Casein Proteins are milk derivatives.

SUGGESTED USE: Since Anabolic Muscle™ is a super concentrated protein source and contains 92 grams of protein per serving, it is recommended that you use a 1/2 serving (approximately two heaping scoops) twice daily - between meals and after your workouts (AM² is also a superior Post Workout Recovery Formula which maximizes the important "anabolic window" of growth). Mix into water, low fat milk, or the beverage of your choice. Mixing into milk will further increase the protein and caloric content (see Supplement Facts), and make the shake thicker and creamier. Do not reduce your typical food intake.

NOTE: A healthy and proper diet and exercise program are essential to reach your training goals. As a reminder, it is always recommended to check with your physician before taking any dietary supplements, changing your diet, or starting an exercise program; especially if you are pregnant, nursing, taking any medications, or have a medical condition. If this product or any product does not agree with you, stop using it. KEEP OUT OF THE REACH OF CHILDREN. This is a natural product and as it is with all natural products, the appearance and taste may vary. Store in a cool dry place, do not refrigerate. This bottle is filled (* and should be measured) by weight, not volume. Some settling of contents will occur during packaging, shipping, and handling. A scoop is included but may settle to the bottom.

AMINO ACID PROFILE • Typical Analysis – mgs per 100 grams of protein

L-Alanine	3562mg	L-Histidine	2221mg	L-Proline	8136mg
L-Arginine	3589mg	L-Isoleucine (BCAA)	5490mg	L-Serine	5338mg
L-Aspartic Acid	8115mg	L-Leucine (BCAA)	9453mg	L-Threonine	4636mg
L-Cysteine	1248mg	L-Lysine	7515mg	L-Tryptophan (naturally occurring)	1278mg
L-Glutamine & Precursors	17491mg	L-Methionine	2291mg	L-Tyrosine	4079mg
L-Glycine	6121mg	L-Phenylalanine	3807mg	L-Valine (BCAA)	5632mg

*Essential Amino Acids
ESSENTIAL AMINO ACIDS Total over 40 grams, BCAA's Total over 20 grams.

Supplement Facts

Serving Size: 227g *Approx. 4 Heaping Scoops
Servings Per Container: 7 to 14 (see suggested use)

	Powder Only	Powder Mixed w/ 24 oz Fat-Free Milk			
Amount per serving:	Amount per serving:	Amount per serving:			
%Daily Value*	%Daily Value*	%Daily Value*			
Calories	890	1130			
Calories from Fat	85	85			
Total Fat	9g 14%	9g 14%			
Saturated Fat	2.5g 13%	2.5g 13%			
Trans Fat	0g	0g			
Cholesterol	90mg 30%	90mg 30%			
Sodium (naturally occurring)	190mg 8%	500mg 21%			
Potassium	300mg 9%	1450mg 41%			
Total Carbohydrate	110g 37%	148g 49%			
Dietary Fiber	6g 24%	6g 24%			
Sugars	29g	65g			
Protein	92g	116g			
	% Daily Value	Powder Only			
Vitamin A	2%	Vitamin C	3%	Calcium	130%
Iron	17%	Riboflavin	5%	Biotin	1%
Phosphorus	62%	Magnesium	11%	Zinc	33%
Chromium	166%				

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.



MADE EXCLUSIVELY IN THE U.S.A.
HEALTHY 'N FIT™ INTERNATIONAL, INC.
NEW YORK, USA DIST.



800-338-5200
info@behealthynfit.com
www.behealthynfit.com

View the guaranteed most effective products
in all 21 sports nutrition categories