



MuscleTech® Lab Series: From Lab Bench to Gym Bench
MuscleTech® researchers have taken an unparalleled leap in their commitment to supplement science by partnering with the world-renowned University of Toronto – an institutional leader with a long history of innovation and research – to create the Iovate/MuscleTech® Metabolism and Sports Science Lab. As the first partnership of its kind, it is at the forefront of muscle physiology, sports performance and nutritional biochemistry. MuscleTech® researchers' passion and vision to continuously research, develop and patent the most effective sports supplements in the world has led to the MuscleTech® Lab Series – a complete line of advanced products that promise extreme efficacy, with key ingredients validated by scientific research. MuscleTech® Lab Series is the brand you can trust for Superior Science. Superior Results.™

WHAT MAKES LAB SERIES SUPERIOR?

- ✓ Only the highest quality ingredients
- ✓ Clinically dosed, lab-tested key ingredients
- ✓ Fully disclosed formulas
- ✓ No underdosed key ingredients, no fillers & no hype

Clinically Dosed Next Generation Post-Workout

Lab Series After Build™ is scientifically formulated with some of today's most powerful recovery, musclebuilding and strength-boosting ingredients. Collectively, the core ingredients in After Build™ are backed by six separate human clinical studies. The formula delivers 12 fully disclosed ingredients and is designed to maximize post-workout recovery!*

*Each scoop of After Build™ starts with 3g of creatine to help your body regenerate ATP faster. Creatine has been extensively researched for its benefits of increasing muscle strength and power, and enhancing recovery during training. After Build™ even delivers a 2g dose of glutamine to replenish plasma glutamine levels that may have been depleted after periods of intense training.†

Hultman et al., 1996. *Journal of Applied Physiology*. 81(1):232-237.

Selsby et al., 2007. *Journal of Strength and Conditioning Research*. 18(2):311-315.

Scientifically Superior for More Strength & Endurance

*After Build™ is engineered with 6g of 100% free-acid BCAAs – including a researched 4g dose of highly anabolic leucine, which has been shown to help subjects increase their 5-rep max strength by over 40%! Most competitors hide smaller doses in proprietary blends or by bonding them to glycine to save costs. After Build™ also delivers a 1g dose of taurine, which has been shown in a separate gold-standard clinical study to improve performance in endurance athletes.†

Isopoglou et al., 2011. *International Journal of Sports Physiology and Performance*. 6(1):36-50.

Balshaw et al., 2013. *Amino Acids*. 44(2):555-61.

Superior to Regular BCAAs at Building Lean Muscle

*After Build™ features researched doses of many key ingredients that make it better than regular BCAA formulas. Just one of its ingredients, betaine, is clinically dosed to build 3.75 lbs. of lean muscle in 6 weeks compared to 0.65 lbs. by the placebo group. In a separate study, this same dose helped subjects significantly enhance their muscular endurance.†

Cholewa et al., 2013. *Journal of the International Society of Sports Nutrition*. 10:39.

Hoffman et al., 2009. *Journal of the International Society of Sports Nutrition*. 6:7.

NEW!



LAB SERIES

AFTER BUILD™

CLINICALLY DOSED, NEXT GENERATION POST-WORKOUT



BOOSTS MUSCLE RECOVERY & REGENERATES ATP STORES ▲.1

INCREASES STRENGTH BY 40% VS. PLACEBO ▲.2

SUPERIOR TO REGULAR BCAAs AT BUILDING LEAN MUSCLE ▲.3

4:1:1 BCAA RATIO FOR SUPERIOR LEUCINE INTAKE ▲

RESULTS BASED ON CORE INGREDIENT TESTING. SEE BACK FOR STUDY DETAILS.



Supplement Facts

Serving Size: 1 Scoop (17g)
Servings Per Container: Approx. 30

Amount Per Serving	% Daily Value
Calories	40
Total Carbohydrate	1g <1%*
Sugars	0g †
Sodium	65mg 3%
Potassium (as dipotassium phosphate)	20mg 1%

4:1:1 BCAA Matrix

L-leucine	4g †
L-isoleucine	1g †
L-valine	1g †

Growth & Recovery Matrix

L-glutamine	2g †
Creatine monohydrate	2g †
Creatine HCl	1g †

Lean Muscle & Performance Matrix

Betaine	2.5g †
Taurine	1g †

Hydra-Electrolyte Support Blend

Sodium chloride	63.5mg †
Dipotassium phosphate	55.5mg †
Coconut water (as Cocos nucifera (fruit))	50mg †
Black pepper extract (BioPerine®) (as Piper nigrum (fruit))	5.25mg †
Standardized for 95% piperine	

*Percent Daily Values are based on a 2,000 calorie diet.
†Daily Value not established.

Other Ingredients: Malic Acid, Natural and Artificial Flavors, Citric Acid, Sucralose, Antifoam (Maltodextrin, Dimethylpolysiloxane, Methylated Silicon Dioxide), Acesulfame Potassium, Calcium Silicate, Salt, FD&C Red No. 40. Processed in a facility that processes milk, soy, wheat, egg, peanut, tree nut, fish and shellfish ingredients.



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Directions: Mix 1 serving (1 scoop) with 12 oz. of cold water and consume intra- or post-workout. Do not exceed 1 serving in a 24-hour period. Drink 8 glasses of water daily for general good health. Read the entire label before use and follow directions provided.

WARNING: Not intended for use by persons under 18. Do not use if pregnant or nursing. Consult a medical doctor if you have a medical condition or before starting any diet or exercise program. **KEEP OUT OF REACH OF CHILDREN.**

Do not use if packaging has been tampered with. Store in a cool, dry place (60°F to 80°F).

▲ 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.

Made in the U.S.A. from specially selected premium-quality international and domestic ingredients.

† MuscleTech® is America's #1 Selling Bodybuilding Supplement Brand based on cumulative wholesale dollar sales 2001 to present.



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AMAZING TASTE!
SUGAR FREE

CANDY WATERMELON

NATURAL AND ARTIFICIAL FLAVORS
DIETARY SUPPLEMENT
NET WT. 1.09 lbs. (496g)