

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**

**Inner
Armour®
SPORTS NUTRITION**

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

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

1 SCOOP RECOVERY
2 SCOOPS MEAL
3 SCOOPS GAINER

2:1
CARB-TO
PROTEIN
RATIO

RECOVERY 1 SCOOP

Suggested Use for 1 Scoop: Mix 1 serving (1 scoop) with 10 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	% Daily Value
Serving Size: 80 g		Servings per Container: 35
Calories	280	
Calories from Fat	20	
Total Fat	2 g	3%**
Saturated Fat	1 g	5%**
Cholesterol	60 mg	20%**
Total Carbohydrate	44 g	15%**
Sugars	8 g	†
Protein	22 g	44%
Sodium	110 mg	5%
Potassium	140 mg	4%

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

COOKIES & CREAM

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 20 oz. of water or skim milk and consume immediately after training or as a meal.

Supplement Facts

	Amount per Serving	% Daily Value
Serving Size: 160 g		Servings per Container: 17.5
Calories	560	
Calories from Fat	35	
Total Fat	4 g	6%**
Saturated Fat	2 g	10%**
Cholesterol	120 mg	40%**
Total Carbohydrate	88 g	29%**
Dietary Fiber	1 g	4%**
Sugars	16 g	†
Protein	44 g	88%
Sodium	220 mg	9%
Potassium	280 mg	8%

† Daily Value not Established.

GAINER 3 SCOOPS

Suggested Use for 3 Scoops: Mix 3 servings (3 scoops) with 30 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	% Daily Value
Serving Size: 240 g		Servings per Container: 11
Calories	850	
Calories from Fat	50	
Total Fat	6 g	9%**
Saturated Fat	3 g	15%**
Cholesterol	180 mg	60%**
Total Carbohydrate	132 g	44%**
Dietary Fiber	1 g	4%**
Sugars	24 g	†
Protein	66 g	132%
Sodium	330 mg	14%
Potassium	410 mg	12%

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⁽¹⁾, 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

⁽¹⁾Glycine does not contribute to the total amount of protein.

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

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LEAN MASS PEAK 3-in-1 COOKIES 6.16LB US MJ 1/2016 V5.1



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Indisputable Results.*

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