

Muscle Optimeal: The Science of Superfoods

Muscle Optimeal is the ideal low-sugar drink mix to increase intake of proteins utilizing complex dietary fiber, vitamins, minerals and antioxidants. Muscle Optimeal is a complete metabolic optimizer incorporating nutraceuticals known to enhance human performance, including whey protein concentrate and isolate, milk proteins, multi-fiber complex, xylitol and 26 essential vitamins and minerals. This delicious tasting blend of nutrients mixes instantly in your favorite beverage (including water) for a fast, low-sugar, nutritious meal in a rich vanilla creme flavor; no blender required. Muscle Optimeal is low in simple sugars, and does not contain any artificial flavors or sweeteners (no Aspartame or Acesulfame).

MUSCLE OPTIMEAL ADVANTAGE

Protein Blend — Each serving of Muscle Optimeal contains 22 grams of high biological value protein from whey and milk, providing about 5 grams of Branched Chain Amino Acids (Leucine, Isoleucine and Valine). Whey protein is the “king” of proteins because it is the richest natural source of Branched Chain Amino Acids (BCAAs). BCAAs are important for enhanced muscle development, muscle repair and gluconeogenesis (synthesis of glucose), and are depleted during intense exercise.* BCAAs are essential amino acids and must be provided in the diet, since they are not manufactured in the body. For a better anabolic effect, Muscle Optimeal also contains milk protein, which is digested more slowly than whey to offer a delayed release of amino acids for sustained muscle protein synthesis.*

MultiFiber — An advanced, dietary soluble fiber made of complex carbohydrates from corn bran fiber. Each serving of Muscle Optimeal contains 6 grams of fiber per serving.

Muscle Optimeal consists of a multivitamin blend including important antioxidant nutrients such as vitamins A, C, E, folic acid and stress B vitamin complex, including vitamin B12.

Keep out of the reach of children.

* 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.

Muscle Optimeal Nutrients Per 46 g Serving

Whey and Milk Protein	22 grams
Glutamine and Glutamic Acid	5 grams
Soluble and Insoluble Fibers	6 grams

Muscle Optimeal Amino Acids Profile Per 46 g Serving

Essential Amino Acids	
Isoleucine	1.16 g
Leucine	2.15 g
Valine	1.21 g
Phenylalanine	0.77 g
Methionine	0.46 g
Lysine	1.77 g
Tryptophan	0.33 g
Threonine	1.21 g
Arginine (semi-essential)	0.56 g
Histidine (semi-essential)	0.44 g
Non-Essential Amino Acids	
Alanine	0.93 g
Aspartic Acid	2.00 g
Cysteine	0.44 g
Glutamine + Glutamate	4.83 g
Glycine	0.31 g
Proline	1.32 g
Serine	0.98 g
Tyrosine	0.71 g
Total Protein Per Serving	22 grams

Jarrow FORMULAS

The Science of Superfoods

MUSCLE OPTIMEAL New Formula! Vanilla Creme

- High Fiber
- Supports Protein Synthesis*

Net Wt. 32 oz (2 lbs) 908 g Powder Dietary Supplement

Supplement Facts

Serving Size 2 Scoops (46 g)		
Servings Per Container approx. 20		
Amount Per Serving		
Calories	180	
Calories from Fat	20	
		% DV*
Total Fat	2 g	3%
Saturated Fat	1 g	5%
Trans Fat	0 g	
Cholesterol	50 mg	17%
Sodium	90 mg	4%
Total Carbohydrate	17 g	6%
Dietary Fiber	6 g	24%
Soluble Fiber	4 g	
Insoluble Fiber	2 g	
Sugars	7 g	
Protein	22 g	44%
Vitamin A	1250 IU	25%
Vitamin C	15 mg	25%
Vitamin D	300 IU	75%
Vitamin E	7.5 IU	25%
Vitamin K	20 mcg	25%
Thiamine	0.38 mg	25%
Riboflavin	0.43 mg	25%
Niacin	5 mg	25%
Vitamin B6	0.5 mg	25%
Folic Acid	100 mcg	25%
Vitamin B12	1.5 mcg	25%
Biotin	75 mcg	25%
Pantothenic Acid (Vitamin B5)	2.5 mg	25%
Calcium	150 mg	15%
Iron	4.5 mg	25%
Phosphorous	110 mg	11%
Iodine	37.5 mcg	25%
Magnesium	110 mg	28%
Zinc	3.8 mg	25%
Selenium	17.5 mcg	25%
Copper	0.5 mg	25%
Manganese	0.5 mg	25%
Chromium	30 mcg	25%
Molybdenum	18.8 mcg	25%
Potassium	370 mg	11%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your caloric needs.		
	Calories	2,000 2,500
Total Fat	Less than	65 g 80 g
Saturated Fat	Less than	20 g 25 g
Cholesterol	Less than	300 mg 300 mg
Sodium	Less than	2,400 mg 2,400 mg
Total Carbohydrate		300 g 375 g
Dietary Fiber		25 g 30 g
Calories Per Gram:		
Fat 9	Carbohydrate 4	Protein 4

Suggested Use: Take 1 serving within 30 minutes following completion of exercise (best absorption of nutrients occurs after exercise). Or, Muscle Optimeal may be used in place of a meal during the day.

Mix 2 scoops (46 g) of powder with 6 to 8 oz. water, milk, soy milk or your favorite beverage, or you may:

- Blend powder with liquid, ice and fruits for smoothies.
- Mix into cold or cooked cereals.
- Add to baked items (bread, muffins, etc.) or frozen desserts and yogurt.

Ingredients: Whey protein concentrate, whey protein isolate, fructose, maltodextrin, corn bran, L-glutamine, natural flavors, xylitol, partially hydrolyzed whey protein concentrate, milk protein concentrate, milk protein isolate, potassium chloride, magnesium oxide, vitamin/mineral blend (ascorbic acid, vitamin E acetate, niacinamide, ferrous fumarate, zinc monomethionine, d-calcium pantothenate, pyridoxine hydrochloride, copper gluconate, manganese citrate, riboflavin, vitamin A palmitate, thiamine mononitrate, folic acid, biotin, potassium iodide, chromium yeast, vitamin K1 (phyllloquinone), sodium molybdate, selenomethionine, cholecalciferol, cyanocobalamin), lecithin, stevia and dicalcium phosphate.

Contains: Milk and soy.

No wheat, no gluten, no egg, no fish/shellfish, no peanuts/tree nuts.

Distributed Exclusively by: Jarrow FORMULAS Superior Nutrition and Formulation P.O. Box 35994 Los Angeles, CA 90035-4317 www.Jarrow.com



Made In The USA

Lot #. Best Used Before: