



Product Data Sheet



FBX Caffeine-Free is the culmination of quality and purity ingredients, research and testing and now with the added benefits of Beta-Alanine and Glutamine. The research & development team at MM Sports Nutrition focused on blasting your muscles with greater blood flow while increasing cellular fluid & glycogen levels. The end result is what we believe to be the finest and most effective Nitric Oxide Boosting, Creatine Supplying, Energy & Intensity enhancing pre-workout supplement drink mix ever developed.†

The Volumizing Matrix contains patented Kre-Alkalyn® and long trusted Creatine Monohydrate for enhanced strength through the ATP energy boosting and cell volumizing effects. The Arginine Alpha Ketoglutarate provides the precursor for nitric oxide production. Nitric oxide production provides peripheral blood flow and nutrient delivery while enhancing muscle pump. Citrulline is part of the nitric oxide manufacturing system in the body. Vanadyl assists in the action of insulin which drives sugars and creatine into the muscle where it is needed.†

Beta-Alanine and L-Glutamine have now been added to the **FBX Caffeine-Free** formula. Beta-Alanine has been shown to promote carnosine production in muscles. Carnosine is the most powerful intracellular buffer by increasing the buffering capacity in muscles to neutralize the accumulation of hydrogen (H+) ions released from lactic acid (lactate) during high intensity exercise. Carnosine is concentrated in the "fast-twitch" (Type II) fibers. Studies have also shown that carnosine enhances the antioxidative effect of Vitamin E. Additionally, carnosine may also support nitric oxide (NO) production. Glutamine is the most abundant amino acid in body and in skeletal muscles (60%). Glutamine is often depleted due to over training, stress and poor diet. Supplemental glutamine can be utilized to repair heavily trained muscles and support the natural production of human growth hormone, which is important to muscle recovery and gains. Glutamine also supports the immune system and healthy gut function.†

The Energy & Focus Complex contains several ingredients for improving mental activity and alertness. Panax ginseng is a traditional energy enhancing herb. Octopamine is tested as a beta agonist in dogs and for its ability to increase metabolism. NADH is the body's energy transporter. The NADH molecule is how the body transports energy during muscular contraction as well as countless other reactions.†

The Synergistic Intensity Blend contains ingredients that work together with the other blends to improve the effects of **FBX Caffeine-Free**. Adenosine is found in ATP (Adenosine Tri-Phosphate), the energy molecule in the body. L-Tyrosine is a precursor to epinephrine and norepinephrine which is produced during high intensity exercise and as part of the fight or flight response. Phosphatidyl Serine is a brain enhancing nutrient. It provides precursors for the production of acetylcholine, a brain neurotransmitter. Vinpocetine has the ability to dilate blood vessels thereby enhancing circulation and improving oxygen utilization for support of fat use as energy. Vinpocetine also has antioxidant properties. Evodiamine is a unique compound that acts on the vanilloid receptors to help with body fat utilization.†

You're literally going to see and feel the difference when you try **FBX Caffeine-Free** for the first time. The three proprietary blends are filled with only the highest quality and purity ingredients to ensure maximum potency and effect. We even added stacked carbohydrates for fast and sustained energy along with electrolytes to improve muscle contraction and minimize cramping issues. There has never been a formula like this on the market and Max Muscle is the only one who has it. You can't get it anywhere else and no one can copy this special proprietary formula! **FBX Caffeine-Free** should be used in combination with regular exercise and a proper nutrition plan for maximum results. Feel the pump, the energy, and the intensity!†

Size: Net Wt. 2 lbs. (908g)
Serving Size: 1 Scoop (25 g)
Servings Per Container: Thirty-Six (36)
Flavor: Fruit Punch Flavor

KEY FEATURES

- Kre-Alkalyn® & Creatine Blend†
- Nitric Oxide boosters†
- Enhanced with Beta-Alanine and L-Glutamine
- Intensity Mind Focusing Blend†
- Contains Both Complex and Simple Carbohydrates
- Electrolyte Anti-Cramping Blend†
- Caffeine-Free Formula

KEY MESSAGES

- Kre-Alkalyn® minimizes conversion to creatinine and problems of bloating and digestion†
- Kre-Alkalyn® buffers excessive lactic acid build up allowing harder and longer training sessions†
- Volumizing nitric oxide (NO) boosters provide a more intense muscle pump†
- Beta-Alanine has been added to promote carnosine production in muscles. Carnosine is the most powerful intracellular buffer in muscles and functions to neutralize the accumulation of hydrogen (H+) ions released from lactic acid (lactate) during high intensity exercise.†
- Provides L-Glutamine as the most abundant amino acid in skeletal muscle and especially beneficial for muscle repair after physical and metabolic stress†
- Glutamine is often depleted due to overtraining and stress. The addition of glutamine supports positive nitrogen balance, growth hormone and immune function†
- The Energy Blend and Focus Complex provides ingredients for stimulating energy production, fatty acid mobilization and intense training†
- Brain nutrients improve ability to focus on the mind muscle connection for greater workout intensity and results†
- Stacked carbohydrates for quick and sustained energy†
- Mineral electrolytes work together to promote continued muscle contraction and prevent cramping†

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1641 S. Sinclair Street • Anaheim, California 92806 • 714.456.0700 • 714.456.0727 fax

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Supplement Facts

Serving Size: One (1) Scoop (25g) Servings Per Container: Thirty-Six (36)

	Amount Per Serving	%Daily Value*
Calories Per Serving:	72	
Calories from Fat:	0	
Total Fat	0g	0%
Saturated Fat	0g	0%
Trans Fat	0g	0%
Cholesterol	0g	0%
Sodium (from Sodium Chloride and Sodium Bicarbonate)	175mg	7%
Potassium (Gluconate)	17mg	0.5%
Total Carbohydrate (from High Molecular Weight Maltodextrin and Dextrose)	17g	6%
Sugars (from Dextrose)	5g	
Fiber	0g	0%
Protein	0g	0%
Calcium (as citrate)	80mg	8%
B6 (as pyridoxine hydrochloride)	6mg	300%
B12 (as cyanocobalamin)	50mcg	833%
Magnesium (as citrate)	40mg	10%
Manganese (as gluconate)	1.5mg	75%
Chloride (from sodium chloride)	60mg	2%
Max Volumizing Matrix	6.125g	**
Arginine Alpha-Ketoglutarate, Buffered Creatine (as Kre-Alkalyn®), Beta-Alanine, L-Glutamine, Creatine Monohydrate, Citrulline Malate, Vanadyl Sulfate		
Max Energy & Focus Complex	35mg	**
Panax ginseng (4% ginsenosides), Octopamine HCl, NADH		
Synergistic Intensity Blend	122mg	**
Adenosine, L-Tyrosine, Phosphatidyl Serine 20%, Vinpocetine 99%, Evodiamine 98%, L-Tyrosine		

*Percent Daily Values are based on a 2,000 calorie diet.

**Daily value not established.

Directions: As a dietary supplement mix one level scoop (approximately 25g) with eight (8) ounces of cold water, 10-30 minutes prior to your workout preferably without food. Do not exceed 2 servings per day.

Other Ingredients: High Molecular Weight Maltodextrin, Dextrose, Citric Acid, Sodium Bicarbonate, Natural and Artificial Flavors (including FD & C Red No. 40), Acesulfame Potassium, and Sucralose Sweetener.

ALLERGY INFORMATION: Manufactured in a facility that processes milk, egg, shellfish, tree nuts, soy and wheat.

KEEP OUT OF REACH OF CHILDREN. STORE IN A COOL, DRY PLACE AWAY FROM MOISTURE AND SUNLIGHT. ALWAYS KEEP TIGHTLY SEALED.

Please read all warnings and directions before taking this product. Consult a physician before starting any diet or exercise program.

NOT FOR USE BY INDIVIDUALS UNDER THE AGE OF 18 YEARS. DO NOT USE IF PREGNANT OR NURSING. Consult a physician before using this product if you have, or have a family history of, including but not limited to high blood pressure, cardiac arrhythmias, heart, liver, kidney, thyroid, or psychiatric disease, pheochromocytoma, diabetes, asthma, recurrent headaches, anemia, nervousness, anxiety, depression or other psychiatric condition, peptic ulcers, Parkinson's disease, glaucoma, difficulty in urinating, prostate enlargement, or seizure disorder, or if you are using a monoamine oxidase inhibitor (MAOI) or any other dietary supplement, prescription drug, or over-the-counter drug containing ephedrine, pseudoephedrine, or phenylpropranolamine (ingredients found in certain allergy, asthma, cough or cold, and weight control products). Do not exceed recommended serving. Exceeding recommended serving may cause serious adverse health effects. Discontinue use and call a physician or licensed qualified health care professional immediately if you experience rapid heartbeat, dizziness, severe headache, shortness of breath, or other similar symptoms. Improper use of this product may be hazardous to a person's health. Do not use during strenuous activity in high temperature and humidity conditions (greater than 80o F). Stay well hydrated throughout the day by drinking at least 2 liters of water daily when using this product.

Kre-Alkalyn® is a registered trademark (Patent # 6,399,661) registered to Bioceutical Research & Development Laboratory

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TARGET MARKET

Primary: Workout enthusiasts wanting a more intense workout.

Secondary: Men and women seeking to build more lean muscle.

RECOMMENDED STACK

- Max Lean Protein
- Max EFA
- Max Pro
- Vit-Acell
- High 5

Key References

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2. Antonio J, Street C. Glutamine: a potentially useful supplement for athletes. *Can J Appl Physiol.* 1999;24:1-14.
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4. Latzka WA, Montain SJ. Water and electrolyte requirements for exercise. *Clin Sports Med.* 1999;18:513-24.
5. Bendahan D, Mattel JP, Ghattas B, et al. Citrulline/malate promotes aerobic energy production in human exercising muscle. *Br J Sports Med.* 2002;36:282-9.
6. Campbell B, Roberts M, Kerkick C, et al. Pharmacokinetics, safety, and effects on exercise performance of L-arginine alpha-ketoglutarate in trained adult men. *Nutrition* 2006;22:872-81.
7. Hulston CJ, Jeukendrup AE. Substrate metabolism and exercise performance with caffeine and carbohydrate intake. *Med Sci Sports Exerc.* 2008;40:2096-104.
8. McArdle WD, Katch FI and Katch VL. *Exercise physiology: Energy, nutrition, and human performance.* 4th ed. Williams & Wilkins, Baltimore MD, 1996.

To report a serious adverse event, contact:
Max Muscle Sports Nutrition
 1641 S. Sinclair St. Anaheim, CA 92806
www.maxmuscle.com



† *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.*