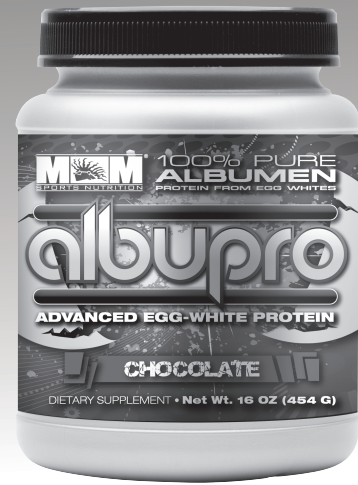




Product Data Sheet

albupro

ADVANCED EGG-WHITE PROTEIN



Albupro is the newest addition to Max Muscle Sports Nutrition's extensive line of proteins. **Albupro** is pure 100% egg white albumen that many athletes and nutritionists consider Nature's almost perfect food source of protein. Egg white albumen is ideal for supporting and building muscle mass and a great alternative from whey, casein or other proteins. **Albupro** blends quickly into a delicious and refreshing protein packed shake supplying your body with 24 grams (48% Daily Value) of superior quality and fast assimilating egg white protein that is fat-free with no cholesterol, sugars or dairy.

The egg white albumen protein found in **Albupro** is a nutritionally complete protein containing all nine of the essential amino acids. Essential amino acids cannot be synthesized by the human body and must come from the diet. A "preferred best" method for evaluating the quality of protein is called the Protein Digestibility Corrected Amino Acid Score or PDCAAS. The PDCAAS is based on the amino acid profile in addition to digestibility and bioavailability of that protein in humans. A PDCAAS of 1.0 is the highest possible value and the egg protein in Albupro rate at 1.0.

Egg white albumen is uniquely rich in the important branched-chain amino acids (BCAAs) leucine, valine and isoleucine. The BCAAs, especially leucine, are readily oxidized as an energy source during stress in addition to effectively promoting positive nitrogen balance for muscle protein synthesis and may help delay fatigue during endurance exercise. Additionally, egg white albumen can be effective to promote quick recovery from resistance training or other forms of exercise. Egg albumen is rich in glutamic acid important in the support of muscle growth and repair and is an important amino acid for healthy immune and intestinal function. The naturally occurring rich levels of leucine found in **Albupro** support the muscle enzyme activators Akt/mTOR (rapamycin) and p70 S6 kinase essential to promote protein synthesis.

Below is a breakdown of the amino acid profile found in egg white albumen (per 100 g):

Alanine	5160 mg	Lysine*	5940 mg
Arginine	4920 mg	Methionine*	3013 mg
Aspartic acid	9200 mg	Phenylalanine*	5163 mg
Cysteine	2227 mg	Proline	3260 mg
Glutamic acid	11733 mg	Serine	6200 mg
Glycine	3067 mg	Threonine*	3653 mg
Histidine*	2063 mg	Tryptophan*	1437 mg
Isoleucine* (BCAA)	4440 mg	Tyrosine	3437 mg
Leucine* (BCAA)	407 mg	Valine* (BCAA)	5763 mg

*Essential amino acid - denotes they cannot be synthesized in the body.

Once ingested, egg white albumen is broken down to the amino acids, absorbed and distributed throughout the body and serve as building blocks for muscles, bones, cartilage, skin and blood.†

Albupro is as good as food protein gets. **Albupro** is instantized and mixes effortlessly. It is very versatile as a stand-alone shake with water, milk, or juice. It can also be added to oatmeal, pancake mixes or muffin recipes.

Size: NET WT. 16 oz. (454 G)
Serving Size: One (1) Scoop (32 G)
Servings Per Container: Approx. 14
Flavors: Chocolate, Vanilla, Unflavored

KEY FEATURES

- Provides 24 gm (48% Daily Value) of Superior Quality Egg White Albumen Protein Per Serving.
- Excellent Amino Acid Profile and Uniquely Rich in the Branched-Chain Amino Acids and Glutamic Acid.†
- Provides Amino Acid and Nitrogen Support for Muscle Metabolism†
- Egg White Albumen Ranks Highest on the PDCAAS Method for Amino Acid Profile, Digestibility and Bioavailability.
- Highly Versatile as a Stand Alone Shake or With Foods.

KEY MESSAGES

- A great protein alternative from whey, casein, soy or other proteins.
- Promotes maximum protein synthesis, growth and supports recovery.
- Each serving equivalent to about 7 eggs (based on 3.5 g protein per egg white).
- A nutritional complete protein containing all the essential amino acids and one of the highest Protein Digestibility Corrected Amino Acid Scores (PDCAAS; a measure of amino acid content, digestibility and protein bioavailability) ranked at 1.0 (based on a 0.0 to 1.0 scale with 1.0 being the highest)
- Uniquely rich in the branched-chain amino acids (BCAAs) leucine, valine and isoleucine which are readily oxidized as an energy source during intense exercise and stimulates protein synthesis.
- Uniquely rich in glutamic acid to promote muscle growth and repair in addition to supporting a healthy gut and immune function.
- The naturally occurring rich levels of leucine support the muscle enzyme activators Akt/mTOR (rapamycin) and p70 S6 kinase essential for protein synthesis.†

(cont'd on p.2)

Your assurance of quality®

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Size: NET WT. 16 oz. (454 G)
Serving Size: One (1) Scoop (32 G)
Servings Per Container: Approx. 14
Flavors: Chocolate, Vanilla, Unflavored

Supplement Facts

Serving Size: One (1) Scoop (32 g) Servings Per Container: 14 (Approx.)

	Amount Per Serving	% DV*
Calories	115	
Calories from fat	3	
Total Fat	0.3 g	1%
Saturated Fat	0 g	0%
Trans Fat	0 g	**
Cholesterol	0 mg	0%
Sodium	384 mg	16%
Potassium	337 mg	10%
Total Carbohydrates	2 g	1%
Dietary Fiber	0 g	0%
Sugars	0 g	**
Protein	24 g	48%
Vitamin A	0%	
Vitamin C	0%	
Calcium	2%	
Iron	0%	

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

Directions: Mix one (1) scoop (approximately 32 g) with 10-12 ounces of water, flavored mixes or juices. Increase serving size for higher protein content. It can also be added to oatmeal, pancake mixes or muffin recipes to increase protein content. Consume after exercise or throughout the day.

Other Ingredients (Chocolate): Egg albumen, dutch cocoa, chocolate fudge, cellulose gum, xanthan gum, lecithin (soy) powder, acesulfame potassium, sucralose sweetener.

Other Ingredients (Vanilla): Egg albumen, natural & artificial flavors, cellulose gum, xanthan gum, lecithin (soy) powder, acesulfame potassium, sucralose sweetener.

Other Ingredients (Unflavored): Egg albumen, cellulose gum, xanthan gum, lecithin (soy) powder.

ALLERGY INFORMATION: Contains egg and soy (lecithin). Manufactured in a facility that processes other products which may contain dairy, egg, shellfish, tree nuts, wheat and soy.

KEEP OUT OF REACH OF CHILDREN.

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

WARNING: Consult a physician before starting any diet and exercise program and before using this product. Discontinue use and call a physician or licensed qualified health care professional immediately if you experience unexpected side effects. If pregnant, nursing or taking prescription medications, consult a licensed healthcare practitioner prior to use.

Key References

1. Kitchovsky SB. A review of scientific research and recommendations regarding eggs. J Am Coll Nutr. 2004;23:5968-6005.
2. Parkinson TL. Separation of the proteins of egg white and egg yolk and a study of their interactions in whole egg. 3. Amino-acid composition of protein fractions. J Sci Food Agric. 1972;23:665-70.
3. Awade AC. On hen egg fractionation: applications of liquid chromatography to the isolation and the purification of hen egg white and egg yolk proteins. Z Lebensm Unters Forsch. 1996;202:1-14.
4. Phillips SM, Hartman JW, Wilkinson SB. Dietary protein to support anabolism with resistance exercise in young men. J Am Coll Nutr. 2005;24:134S-139S.
5. Moore DR, Robinson MJ, Fry JL, et al. Ingested protein dose response of muscle and albumin protein synthesis after resistance exercise in young men. Am J Clin Nutr. 2009;89:161-8.
6. Pennington JAT. Bowes & Church's food values of portions commonly used. 16th ed. Philadelphia:JB Lippincott Co., 1994.

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KEY MESSAGES

- All protein that is fat-free and contains no cholesterol, saturated fats or trans fats.
- Contains no sugars like lactose (found in dairy), fructose, or sucrose.
- No dairy or gluten.
- Certified Kosher egg white protein.
- Instantized for easy mixing, delicious and refreshing.
- Versatile as a stand-alone shake with water, milk, or juice. It can also be added to enhance the protein content of oatmeal, pancake mixes or muffin recipes.

TARGET MARKET

Primary: Active men and women seeking a superior egg white protein to supplement their diet to support protein metabolism and for improved recovery.

RECOMMENDED STACK

- Vit-Acell
- Max Ultra 100
- Max Glutamine
- Gluta-Matrix

To report a serious adverse event, contact:

Max Muscle Sports Nutrition
 210 W. Taft Ave., Orange CA 92865
 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.