

# High 5

## Synergistic Protein Complex



**Max High 5** Synergistic Protein Complex is the ideal blend of 5 proven and highly effective protein sources. We specifically combined and balanced these protein sources to optimize protein uptake and absorption. This process increases the duration of nitrogen retention, and may enhance muscle recovery and strength.

MMSN's unique Synergistic Protein Complex provides continuous protein utilization because of its optimum blend and proportions of 5 distinctly different protein sources, plus added L-Glutamine. L-Glutamine and Glutamine peptides (which naturally occur in whey) are broken down by the body within an hour after ingestion, providing nearly immediate muscular repair and building. MMSN's whey protein concentrate and potent whey protein isolate occupy the one-hour through two-hour utilization period, while soy protein isolate carries your muscle building through the third-hour. Potassium caseinate and egg white albumin absorb most slowly, taking up to four-hours for gastric emptying.

It's not just the 5 proteins and added L-Glutamine that make **Max High 5** perform. It's the specific proportions in our unique combination (a proprietary secret) that make Max High 5 your best protein supplement investment.

**Max High 5** Synergistic Protein Complex allows you to continuously absorb 5 ideal protein sources plus added L-Glutamine. This ideal proprietary balanced formulation provides up to four-hours of maximum protein uptake and utilization.

**Size:** 3 lbs (1,362g)  
**Serving Size:** 1 Scoop Approx. (32g)  
**Servings Per Container:** 43  
**Flavors:** Banana, Cappuccino, Chocolate, Orange, Pineapple  
 Banana, Vanilla

### KEY FEATURES

- Powerful Formulation of 5 Unique Multi-Source Proteins
- 26 grams of SynPro™ Protein per serving
- Time-Released Formula to Guarantee Greater Nitrogen Retention
- Aspartame Free

### KEY MESSAGES

- Only 72 mg of naturally occurring sodium.
- Whey Protein Isolate and Whey Protein Concentrate breakdown very quickly within 1-2 hours after consumption.
- Soy Protein Isolate takes 3 hours to absorb.
- Potassium Caseinate which is highly absorbable and very dense and Egg Albumin absorb most slowly and take up to 4 hours for gastric emptying.
- Each of the Five proteins in High 5 have a unique amino acid profile "signature" when correctly combined with the other proteins provide for ideal absorption and maximum protein utilization.
- Very clean source of protein containing no added fat, coconut oil, corn syrup or salt.
- 500 mgs of potassium per serving promotes stronger muscle contractions and helps prevent muscle cramping.

### TARGET MARKET

**Primary:** Bodybuilders and explosive strength athletes requiring a quality time-released protein source.

**Secondary:** Individuals who need to increase total amounts of protein in their diet and keep nitrogen levels elevated for longer periods of time.

### RECOMMENDED STACK

- Max MRP
- Max Zyme
- Max CreaCine CV
- Max Lean System
- Vit-Acell
- Max Glutacine
- Max Amino Slim

Your assurance of quality®

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

[www.maxmuscle.com](http://www.maxmuscle.com)

# High 5 Banana

3 lbs (1,362g)

**Size:** 3 lbs (1,362g)  
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### Supplement Facts

Serving Size: 1 Scoop, Approx. (32g)  
Servings Per Container: 43

Amount Per Serving	
Calories (in water)	118
Calories from Fat	9
%Daily Value*	
Total Fat	1 g 1%
Saturated Fat	1 g 2%
Cholesterol	28 mg 21%
Sodium (naturally occurring)	72 mg 3%
Potassium	500 mg 21%
Total Carbohydrate	1 g 1%
Dietary fiber	0 g 0%
Sugars	1 g 1%
Protein	26 g 51%

Vitamin A 1%    Vitamin C 0%    Calcium 11%    Iron 0%  
\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.  
\*\* Branched chain amino acids.

**Ingredients:** "SynPro"<sup>™</sup> MMSN's proprietary blend of synergistic time releasing proteins: (Whey Protein Concentrate, Soy Protein Isolate, Egg White Albumen, Potassium Caseinate, and Whey Protein Isolate). This unique blend includes long and short chain peptides comprised of all essential and non-essential amino acids. (All protein derived from ion exchange, triple filtration and enzyme hydrolyzation extraction process), glycine, xanthan gum, natural and artificial flavors, acesulfame potassium, stevia.

**Directions:** Add 1 scoop to 1/2 cup (4fl. oz.) of water, milk or juice. Stir with spoon or mix in a Max shaker cup for ultimate convenience. High 5 mixes instantly and can be used as a dietary supplement to compliment meals that are low in protein. High 5 can also be used to increase total amounts of dietary protein for maximum muscle growth and lean tissue repair.

# High 5 Cappuccino

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Calories from Fat	9
%Daily Value*	
Total Fat	1 g 1%
Saturated Fat	1 g 2%
Cholesterol	28 mg 21%
Sodium (naturally occurring)	72 mg 3%
Potassium	500 mg 21%
Total Carbohydrate	2 g 1%
Dietary fiber	0 g 0%
Sugars	1 g 1%
Protein	26 g 51%
Caffeine	75mg †

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.  
† Daily value not established.

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**Directions:** Add 1 scoop to 1/2 cup (4fl. oz.) of water, milk or juice. Stir with spoon or mix in a Max shaker cup for ultimate convenience. High 5 mixes instantly and can be used as a dietary supplement to compliment meals that are low in protein. High 5 can also be used to increase total amounts of dietary protein for maximum muscle growth and lean tissue repair.

# High 5 Chocolate

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Saturated Fat	1 g 2%
Cholesterol	28 mg 21%
Sodium (naturally occurring)	72 mg 3%
Potassium	500 mg 21%
Total Carbohydrate	1 g 1%
Dietary fiber	0 g 0%
Sugars	1 g 1%
Protein	26 g 51%

Vitamin A 1%    Vitamin C 0%    Calcium 11%    Iron 0%  
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**Ingredients:** "SynPro"<sup>™</sup> MMSN's proprietary blend of synergistic time releasing proteins: (Whey Protein Concentrate, Soy Protein Isolate, Egg White Albumen, Potassium Caseinate, and Whey Protein Isolate). This unique blend includes long and short chain peptides comprised of all essential and non-essential amino acids. (All protein derived from ion exchange, triple filtration and enzyme hydrolyzation extraction process), glycine, xanthan gum, natural and artificial flavors, acesulfame potassium, stevia.

**Directions:** Add 1 scoop to 1/2 cup (4fl. oz.) of water, milk or juice. Stir with spoon or mix in a Max shaker cup for ultimate convenience. High 5 mixes instantly and can be used as a dietary supplement to compliment meals that are low in protein. High 5 can also be used to increase total amounts of dietary protein for maximum muscle growth and lean tissue repair.

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# High 5 Orange

3 lbs (1,362g)

# High 5 Pineapple Banana

3 lbs (1,362g)

# High 5 Strawberry

3 lbs (1,362g)

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Saturated Fat	1 g 2%
Cholesterol	28 mg 21%
Sodium (naturally occurring)	72 mg 3%
Potassium	500 mg 21%
Total Carbohydrate	2 g 1%
Dietary fiber	0 g 0%
Sugars	2g 1%
Protein	26 g 51%

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Vitamin A 1%    Vitamin C 0%    Calcium 11%    Iron 0%  
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**Ingredients:** "SynPro"<sup>™</sup> MMSN's proprietary blend of synergistic time releasing proteins: (Whey Protein Concentrate, Soy Protein Isolate, Egg White Albumen, Potassium Caseinate, and Whey Protein Isolate). Glycine, Fructose, Xanthan Gum, Citric Acid, natural and artificial flavors (including FD & Yellow No 6), Gum Arabic Maltodextrin, Acesulfame Potassium and Sucralose.

**Directions:** As a dietary supplement take one scoop 2-3 times daily mixed into 1 Cup (1 oz) of water, milk, fruit juice, or your favorite beverage. Use a spoon or shaker to blend. Adding ice, whole fruit, frozen yogurt, and/or ice cream can make for a great tasting shake.

**Ingredients:** "SynPro"<sup>™</sup> MMSN's proprietary blend of synergistic time releasing proteins: (Whey Protein Concentrate, Soy Protein Isolate, Egg White Albumen, Potassium Caseinate, and Whey Protein Isolate). This unique blend includes long and short chain peptides comprised of all essential and non-essential amino acids. (All protein derived from ion exchange, triple filtration and enzyme hydrolyzation extraction process), glycine, xanthan gum, natural and artificial flavors, acesulfame potassium, stevia.

**Directions:** Add 1 scoop to 1/2 cup (4fl. oz.) of water, milk or juice. Stir with spoon or mix in a Max shaker cup for ultimate convenience. High 5 mixes instantly and can be used as a dietary supplement to compliment meals that are low in protein. High 5 can also be used to increase total amounts of dietary protein for maximum muscle growth and lean tissue repair.

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**Directions:** Add 1 scoop to 1/2 cup (4fl. oz.) of water, milk or juice. Stir with spoon or mix in a Max shaker cup for ultimate convenience. High 5 mixes instantly and can be used as a dietary supplement to compliment meals that are low in protein. High 5 can also be used to increase total amounts of dietary protein for maximum muscle growth and lean tissue repair.

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# High 5 Vanilla

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 Servings Per Container: 43

Amount Per Serving		
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Calories from Fat	9	
%Daily Value*		
Total Fat	1 g	1%
Saturated Fat	1 g	2%
Cholesterol	28 mg	21%
Sodium (naturally occurring)	72 mg	3%
Potassium	500 mg	21%
Total Carbohydrate	2 g	1%
Dietary fiber	0 g	0%
Sugars	2g	1%
Protein	26 g	51%

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