

XTR



Extreme Training Recovery†

SCIENTIFICALLY FORMULATED ADVANCED BRANCHED-CHAIN AMINO ACID FORMULA†

Max Muscle Sports Nutrition (MMSN) is proud to introduce XTR. A scientifically-based formula to provide the body with high potency branched-chain amino acids in the ideal 2:1:1 ratio of Leucine, Isoleucine, and Valine. As a dual action formula, XTR is specifically designed to benefit both pre- and post-workouts. For the pre-workout, this comprehensive formula is designed to support the energy fuels needed for high intensity and endurance workouts. For the post-workout, it functions to support rapid recovery, muscle anabolism and anti-catabolic effects.

BCAAs (L-Leucine, L-Valine and L-Isoleucine) are known to be highly concentrated in muscles (35%) and have been shown to serve as important fuel sources for skeletal muscles during periods of high-intensity exercise. The BCAAs improve protein & nitrogen balance in muscle, preserve muscle glycogen reserves, suppress protein catabolism, and overall have an anti-catabolic effect. Additionally, the BCAAs stimulate the production of the amino acids alanine and glutamine.

L-Citrulline-Malate promotes aerobic energy production, serves to remove lactate and ammonia from muscle cells, reduces muscle fatigue and supports arginine synthesis and superior for nitric oxide (NO) production.

L-Glutamine (Gln) is a “conditionally essential” amino acid and is the most abundant amino acid in muscles (60%). Gln is often depleted during exercise, overtraining and stress. Athletes may not produce enough Gln to support muscle requirements during recovery. Gln supports intestinal enterocytes and preferentially used by cells of the immune system. Gln is a “workhorse” amino acid to prevent protein catabolism (breakdown) and is anti-catabolic.

L-Glycine supports natural GH and adds to the sweet flavor of XTR.

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Size: Net Wt. 429 gm (0.945 lb)/Container
Serving Size: Two (2) Level Scoops (Approx. 14.3g)
Servings Per Container: Thirty (30)
Flavor: Pink Lemonade

KEY FEATURES

- Proprietary Blend of Branched-Chain Amino Acids
- High-Potency, Dual-Indication Formula (Pre- and Post-Exercise)†
- Anti-Catabolic (Protein) Formula†
- Supports Rapid Recovery†
- Anabolic and Ergogenic Properties†
- Supports Optimal Protein and Carbohydrate Utilization in Muscles†

KEY MESSAGES

- Scientifically formulated using a proprietary blend of the branched-chain amino acids; L-Leucine, L-Valine and L-Isoleucine along with L-Glutamine, L-Glycine and L-Citrulline Malate
- High-potency formula providing 7 gm BCAAs per serving.†
- BCAAs helps inhibit muscle catabolism (breakdown) of protein and promote protein synthesis (anabolism) and nitrogen retention.†
- BCAAs prevents muscle glycogen degradation (breakdown) to support maximum endurance and increased time to exhaustion.†
- Dual-Indication Formula that can effectively be used pre- and post-exercise.†
- May reduce delayed onset muscle soreness (DOMS), microtrauma and inflammation of the muscle fibers.†
- Contains L-Glutamine for its anti-catabolic functions to prevent glutamine depletion, restoring the glutamine pool in muscles during intense exercise, muscle recovery, and immune support.†
- Contains L-Citrulline-Malate with promotes aerobic energy production, functions to remove lactic acid and ammonia from muscles, reduces muscle fatigue and supports the synthesis of L-Arginine for superior nitric oxide (NO) production.†

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Your assurance of quality®

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Extreme Series XTR

Pink Lemonade

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Supplement Facts

Serving Size: Two (2) Level Scoops (Approx. 14.3g)
Servings Per Container: Thirty (30)

	Amount Per Serving	%DV*
Calories Per Serving:	0	
Calories from Fat:	0	
Vitamin C (ascorbic acid)	60 mg	100%
Vitamin B6 (pyridoxine HCl)	10 mg	500%
Vitamin B12 (cyanocobalamin)	6 mcg	100%
Biotin	300 mcg	100%
BCAA and Synergistic Amino Acid Proprietary Blend	11g	†
L-Leucine, L-Isoleucine, L-Valine, L-Glutamine, L-Glycine, L-Citrulline Malate		
Synergistic Metabolites	3 g	†
Arginine Alpha-Ketoglutarate and Alpha-Ketoglutaric Acid		

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

DIRECTIONS: As a dietary supplement mix two (2) level scoops (approximately 14.3 gm) with 8-12 ounces of pure cold water or juice of choice. Stir briskly or shake in a closed container until mixed. Best if consumed immediately before or after a workout or within 30 minutes of preparation. Add sweetener, increase water or juice content for taste preference.

OTHER INGREDIENTS: Acesulfame Potassium, Sucralose Sweetener, and FD& C Red No. 40.

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

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

WARNING STATEMENT: 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.

To report any adverse events call 1-800-332-1088.

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Arginine Alpha-Ketoglutarate (A-AKG) is made up of two molecules of arginine attached to one molecule of alpha-ketoglutarate. It is believed that this molecular form of arginine enhances the absorption of arginine. Arginine Alpha-Ketoglutarate enhances the production of nitric oxide.

Alpha-ketoglutarate (AKG) is a key biochemical intermediate in the Citric Acid Cycle (central point for energy production located in muscle mitochondria) and links or is a gateway of the Citric Acid Cycle to amino acid (protein) synthesis. Alpha-ketoglutarate is also the metabolic precursor to synthesize cellular glutamine. AKG has been used to improve athletic performance.

Vitamins C, B6, B12 and Biotin are metabolic cofactors for enhanced biochemical utilization of the BCAAs.

XTR is designed to be used as a pre-workout, anti-catabolic, post-recovery formula. To be used during strength or endurance exercise to decrease the catabolic activity of muscles.

Suggested Post-Workout Stack: XTR (1 serving); Max Creatine – 1 scoop (5 gm); Carbo Max – 1/2 cup; Iso-Extreme- 2 scoops (approx. 40 gm); and Max EFA (4 capsules).

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

KEY MESSAGES (Continued from Page 1)

- Contains Arginine Alpha-Ketoglutarate for the support of NO production and glutamine precursor.[†]
- Contains L-Glycine for additional GH support.[†]
- Contains Vitamins C, B6, B12 and Biotin which are essential metabolic enzymatic cofactors for enhanced biochemical utilization of the BCAAs.[†]

TARGET MARKET

Primary: Serious bodybuilders and athletes wanting a high-potency BCAA formula for both pre- and post-workout for superior endurance and recovery.

RECOMMENDED STACK

- Max Creatine
- Carbo Max
- Iso-Extreme
- Gluta-Matrix
- Max EFA

[†]These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent disease.