

# Max MRP

## Low Glycemic, High Protein Meal Supplement

### Instantized for Easy Mixing!

#### CONVENIENT SUPER FOOD:

In today's fast-paced world we all look for convenient and optimal nutrition, and that is the premise upon which **MAX MRP™** was formulated. Loaded with high-quality nutrients, **MAX MRP™** is easy to take with you anywhere and it delivers a combination of high quality protein, low glycemic carbs, a full supply of vitamins and minerals, fiber and essential fats. **MAX MRP™** is great for a post-workout protein nutrient boost, or taken several times a day as a high protein meal supplement.†

#### 45 GRAMS OF PROTEIN

**MAX MRP™** starts with 45 grams of high-quality blended protein because research shows that different proteins are absorbed at varying rates. Using proteins that absorb both fast and slow provides for a sustained nitrogen influx to the muscles over time – exactly what you want for maximum muscle growth. There are also over 10 grams of BCAA's (leucine, isoleucine and valine) per serving in **MAX MRP™**. This group of amino acids comprises over 30% of the amino acids found in muscle tissue. Research has shown that these amino acids are highly utilized during intense physical training. Be assured that **MAX MRP™** will supply your body with the highest quality bio-available protein and BCAA's when you need them most, before and after your workouts.†

#### ONLY LOW GLYCEMIC CARBS - NO MALTODEXTRIN

**MAX MRP™** uses low glycemic carbohydrates to help keep blood sugar levels low and insulin spikes minimized. Controlling insulin levels is key to losing body fat and building lean muscle without adding fat. We used low glycemic grains with no maltodextrin to provide vital glycogen and minimize spikes in blood sugar and insulin levels.†

#### FIBER FOR HEALTH

Many people do not get enough fiber in their regular diet or realize the benefits. Fiber is valuable to maintain intestinal tone and feed the healthy gut microflora. **MAX MRP™**, with a multigrain matrix contains oat bran, barley bran, flax seed and cellulose source fibers to help maintain intestinal health and regularity.†

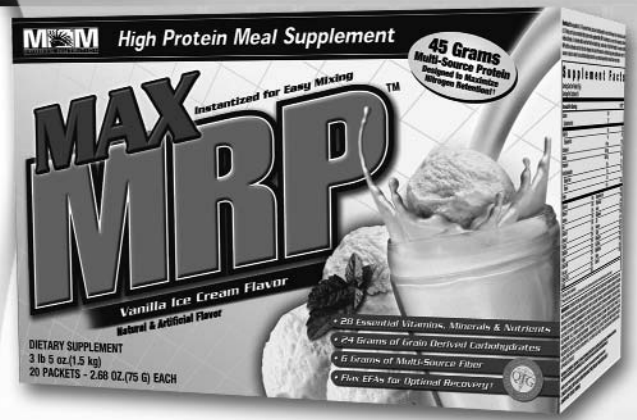
#### ESSENTIAL NUTRIENTS & FATS

**MAX MRP™** also has up to 50% of the Daily Value of 25 vitamins and minerals in every packet to support every nutrient need you may have. On top of that there are also EFAs (Essential Fatty Acids) known as "good fats", Linoleic Acid and Linolenic Acid. Your body uses EFAs in every cell helping with exercise recovery and performance. **MAX MRP™** has 2 grams of Flax Seed, a great source of EFAs. Not many meals guarantee you a full spectrum of nutrients, vitamins and minerals as well as EFAs.†

#### TOTAL NUTRITION

As one of the most technologically advanced and complete MRPs on the market today, **MAX MRP™** ensures that fast food is not your only option when looking for something quick, nutritious & convenient. Tear open a packet, shake it up and you will see the difference in the mirror and the gym. **MAX MRP™** makes it possible to get all your nutrients and maintain a high level of nutrition even with your busy lifestyle. Best of all, **MAX MRP™** comes in two delicious ice cream flavors, chocolate and vanilla, to tickle your taste buds!†

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



**Size:** One (1) Packet (75g)  
**Servings Per Container:** 20  
**Flavors:** Vanilla, Chocolate

#### KEY FEATURES

- 45 Grams Multi-Source Protein, 24 Grams Grain Derived Carbohydrates, 6 Grams of Multi-Source Fiber including Flax EFA's for optimal recovery.
- Low Glycemic, High Protein Meal Supplement.
- Instantized for easy mixing.
- Excellent Source of Vitamins & Minerals.

#### KEY MESSAGES

- Easy to take with you anywhere delivering a combination of high-quality protein, low-glycemic carbs, a full supply of vitamins and minerals, fiber and essential fats.
- Great for post-workout protein nutrient boost or taken several times a day as a high protein meal supplement.
- Utilizes Multi-Source protein technology b/c research shows that different proteins are absorbed at varying rates.
- Over 10 grams of BCAA's per serving.
- No Maltodextrin - Utilizes low glycemic carbohydrates to help keep blood sugar levels low and insulin spikes minimized.
- Multigrain matrix containing oat bran, barley bran, flax seed and cellulose source fibers to help maintain intestinal health and regularity.
- Up to 50% of the Daily Value of 25 vitamins and minerals.
- 2 grams of Flax Seed, a premium source of EFAs.

#### TARGET MARKET

**Primary:** This product is for everyone. Any busy individual on the go in need of quality nutrition throughout the day. Women can use half servings to tailor it to their specific needs.

#### RECOMMENDED STACK

- Vit-Acell
- Max CLA
- Max Glutamine

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)



## Max MRP Chocolate Ice Cream Flavor

**Size:** One (1) Packet (75g)  
**Servings Per Container:** 20

### Supplement Facts

Serving Size: One Packet (75g)  
Servings Per Container: 20

Amount Per Serving		% DV**	
Calories	312		
Calories from Fat	36		
<b>Total Fat</b>	<b>4 g</b>	<b>3%</b>	
Saturated Fat	1 g	5%	
Cholesterol	40 mg	13%	
Sodium	180 mg	8%	
Potassium	690 mg	20%	
<b>Total Carbohydrate</b>	<b>24 g</b>	<b>8%</b>	
Dietary Fiber	6 g	17%	
Sugars	3 g	*	
<b>Protein</b>	<b>45 g</b>	<b>90%</b>	
Vitamin A	50%	Pantothenic Acid	50%
Vitamin C	50%	Phosphorus	50%
Calcium	50%	Iodine	50%
Iron	50%	Magnesium	50%
Vitamin D	50%	Zinc	50%
Vitamin E	50%	Selenium	50%
Thiamin	50%	Copper	50%
Riboflavin	50%	Manganese	50%
Niacin	50%	Chromium	50%
Vitamin B6	50%	Molybdenum	50%
Folic Acid	50%	Choline	25%
Vitamin B12	50%	Vitamin K	50%
Biotin	50%		

\*Daily Value (DV) not established.

\*\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

**Ingredients:** SCIENTIFIC PROTEIN MATRIX (TRIPLE FILTERED WHEY PROTEIN CONCENTRATE, POTASSIUM CASEIN ISOLATE (92%), WHEY PROTEIN ISOLATE) NONFAT MILK SOLIDS, RICE PROTEIN, Cocoa, L-GLYCINE, VITAMIN AND MINERAL BLEND: (DI POTASSIUM PHOSPHATE (POTASSIUM), DI POTASSIUM PHOSPHATE AND DI CALCIUM PHOSPHATE (PHOSPHOROUS), MAGNESIUM ASPARTATE, ASCORBIC ACID (VITAMIN C), NIACINAMIDE, BETA CAROTENE (VITAMIN A), PALMITATE (VITAMIN A), VITAMIN D3 CHOLECALCEFEROL, DL ALPHA TOCOPHERYL ACETATE (VITAMIN E), IRON FERRIC ORTHOPHOSPHATE, ZINC OXIDE, DI CALCIUM PANTOTHENATE (VITAMIN B5), PYRIDOXINE HCL (VITAMIN B6), COPPER GLUCONATE, RIBOFLAVIN (VITAMIN B2), THIAMIN MONO NITRATE (VITAMIN B1), MANGANESE SULFATE, FOLIC ACID, BIOTIN, CHROMIUM POLYNICOTINATE, IODIDE POTASSIUM (IODINE), MOLYBDENUM SODIUM MOLYBDATE, SELENIUM SODIUM SELENITE, CYANOCOBALAMIN (VITAMIN B12) ), CELLULOSE FIBER, GUAR GUM, Flax Seed powder, NATURAL AND ARTIFICIAL FLAVORS, SUNFLOWER OIL, OAT BRAN FIBER, BARLEY BRAN, xanthan gum, SODIUM CHLORIDE, ASPARTAME, SUCRALOSE.

**Directions:** Mix one packet in 12-16 ounces of water, juice, non-fat milk, soymilk or any cold beverage of your choice. You can drink it 2-3 times per day as an excellent high protein meal supplement. Max MRP is instantized so you can mix it vigorously or shake it without a blender. In a blender add ice and fresh fruit for a healthy high protein shake. **High Protein Pudding:** You can also mix Max MRP with ice cold water and let it sit in the refrigerator for about 10 minutes for a delicious high protein pudding desert (use 10-12 ounces of water to make it nice and thick). Adding fruit, milk or your favorite ingredients to make it taste even better.

**Warning:** Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children. In case of accidental iron overdose, call a doctor or poison control center immediately.

**Notice:** Use this product as a food supplement only. Do not use for weight reduction.

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

## Max MRP Vanilla Ice Cream Flavor

**Size:** One (1) Packet (75g)  
**Servings Per Container:** 20

### Supplement Facts

Serving Size: One Packet (75g)  
Servings Per Container: 20

Amount Per Serving		% DV**	
Calories	312		
Calories from Fat	36		
<b>Total Fat</b>	<b>4 g</b>	<b>3%</b>	
Saturated Fat	1 g	5%	
Cholesterol	40 mg	13%	
Sodium	180 mg	8%	
Potassium	690 mg	20%	
<b>Total Carbohydrate</b>	<b>24 g</b>	<b>8%</b>	
Dietary Fiber	6 g	17%	
Sugars	3 g	*	
<b>Protein</b>	<b>45 g</b>	<b>90%</b>	
Vitamin A	50%	Pantothenic Acid	50%
Vitamin C	50%	Phosphorus	50%
Calcium	50%	Iodine	50%
Iron	50%	Magnesium	50%
Vitamin D	50%	Zinc	50%
Vitamin E	50%	Selenium	50%
Thiamin	50%	Copper	50%
Riboflavin	50%	Manganese	50%
Niacin	50%	Chromium	50%
Vitamin B6	50%	Molybdenum	50%
Folic Acid	50%	Choline	25%
Vitamin B12	50%	Vitamin K	50%
Biotin	50%		

\*Daily Value (DV) not established.

\*\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

**Ingredients:** SCIENTIFIC PROTEIN MATRIX (TRIPLE FILTERED WHEY PROTEIN CONCENTRATE, POTASSIUM CASEIN ISOLATE (92%), WHEY PROTEIN ISOLATE) NONFAT MILK SOLIDS, RICE PROTEIN, L-GLYCINE, VITAMIN AND MINERAL BLEND: (DI POTASSIUM PHOSPHATE (POTASSIUM), DI POTASSIUM PHOSPHATE AND DI CALCIUM PHOSPHATE (PHOSPHOROUS), MAGNESIUM ASPARTATE, ASCORBIC ACID (VITAMIN C), NIACINAMIDE, BETA CAROTENE (VITAMIN A), PALMITATE (VITAMIN A), VITAMIN D3 CHOLECALCEFEROL, DL ALPHA TOCOPHERYL ACETATE (VITAMIN E), IRON FERRIC ORTHOPHOSPHATE, ZINC OXIDE, DI CALCIUM PANTOTHENATE (VITAMIN B5), PYRIDOXINE HCL (VITAMIN B6), COPPER GLUCONATE, RIBOFLAVIN (VITAMIN B2), THIAMIN MONO NITRATE (VITAMIN B1), MANGANESE SULFATE, FOLIC ACID, BIOTIN, CHROMIUM POLYNICOTINATE, IODIDE POTASSIUM (IODINE), MOLYBDENUM SODIUM MOLYBDATE, SELENIUM SODIUM SELENITE, CYANOCOBALAMIN (VITAMIN B12) ), CELLULOSE FIBER, GUAR GUM, Flax Seed Powder, NATURAL AND ARTIFICIAL FLAVORS, SUNFLOWER OIL, OAT BRAN FIBER, BARLEY BRAN, Xanthan gum, SODIUM CHLORIDE, ASPARTAME, SUCRALOSE.

**Directions:** Mix one packet in 12-16 ounces of water, juice, non-fat milk, soymilk or any cold beverage of your choice. You can drink it 2-3 times per day as an excellent high protein meal supplement. Max MRP is instantized so you can mix it vigorously or shake it without a blender. In a blender add ice and fresh fruit for a healthy high protein shake. **High Protein Pudding:** You can also mix Max MRP with ice cold water and let it sit in the refrigerator for about 10 minutes for a delicious high protein pudding desert (use 10-12 ounces of water to make it nice and thick). Adding fruit, milk or your favorite ingredients to make it taste even better.

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