Maximize Lean Muscle Growth & Increase Recovery

Max A.R.M. (Anabolic Recovery Matrix) from Max Muscle Sports Nutrition (MMSN) was designed to follow rapid recovery and anabolic science. Created to be the ultimate post-workout formula, Max A.R.M. provides the necessary nutrients to support maximum muscle mass activation, restore fluids and electrolytes, replenish glycogen and accelerate overall muscle recovery and repair. Max A.R.M. provides bioactive ingredients to support muscle enzyme activators of protein synthesis, Akt/mTOR (rapamycin) and p70 S6 kinases, muscle Heat Shock Protein (HSP) activating nutrients and GLUT4 potentiators.†

To support protein synthesis and nitrogen retention post-exercise, each serving of Max A.R.M. delivers 28 grams of the highest quality blend of whey protein isolate (WPI) and whey protein concentrate (WPC) available. Max A.R.M. contains the Muscle Akt/mTOR and p70 S6k Activator Blend. Muscle Akt/mTOR and p70 S6k kinases are muscle enzyme activators of protein synthesis and supported by the branched-chain amino acids (BCAA) along with arginine, citrulline malate and the same proprietary blends found in MMSN CX3 including Creapure® Creatine Monohydrate, Creatine MagnaPower®, and Creatine Pyruvate.

An exciting area in the molecular biochemistry of protein synthesis are the role of Heat Shock Proteins (HSP). HSP are molecular chaperones that aid in the transport of proteins throughout the cell’s various compartments to support protein synthesis. Max A.R.M. contains the Heat Shock Protein Activator Blend with bilberry, schisandra, rhodiola and white peony.

Max A.R.M. contains the functional glutamine peptides found in Gluta Matrix including the Gluta-Tri Triple Fusion Blend (L-glutamine, glutamine peptides [L-alanyl-L-glutamine, L-glycyl-L-glutamine (from hydrolyzed gluten)]).

Each serving of Max A.R.M. provides 32 grams of multi-source carbohydrates with rapid to extended absorption rates including, waxy maize starch (amylopectin), maltodextrin, fructose and dextrose. Max A.R.M. provides the ideal forms and amounts of carbohydrates to pack glycogen in muscles for maximum recovery.

For maximum muscle cell carbohydrate enhancement, Max A.R.M. provides the GLUT4 Activator Blend with banana leaf extract (1% corosolic acid) and Promilin® (fenugreek extract, 4-hydroxyisoleucine). Promilin® functions to potentiate the action of insulin resulting in complete post-exercise replenishment of carbohydrates in the muscles and promoting increases in muscle mass and strength. Additionally, research has demonstrated that corosolic acid, a triterpenoid compound, facilitates glucose transport within cells by functions to potentiate the action of insulin resulting in complete post-exercise replenishment of carbohydrates in the muscles and promoting increases in muscle mass and strength. Additionally, research has demonstrated that corosolic acid, a triterpenoid compound, facilitates glucose transport within cells by activating GLUT4 this assures maximum carbohydrate utilization by muscles.†

Max A.R.M. is the total package for complete recovery science providing the necessary ingredients for rapid and efficient recovery and muscle building. Max A.R.M. is instantized and delivers a refreshing and satisfying flavor. Hydration recovery at its finest…you won’t need anything else!
**Directions:** Mix 2 scoops (approx. 64 g) with 12-16 oz ice cold water. Shake or stir slowly to avoid excess foaming. Suggested use immediately after workout preferably without food. Stay well hydrated throughout the day while using this product especially in hot and humid temperatures.

**Supplement Facts**

<table>
<thead>
<tr>
<th>Serving Size: 2 Scoops (Approx. 64 g)</th>
<th>Servings Per Container: 18</th>
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</thead>
<tbody>
<tr>
<td><strong>Amount Per Serving</strong></td>
<td><strong>% Daily Value</strong></td>
</tr>
<tr>
<td><strong>Calories</strong></td>
<td>280</td>
</tr>
<tr>
<td><strong>Calories from Fat</strong></td>
<td>0</td>
</tr>
<tr>
<td><strong>Total Fat</strong></td>
<td>0 g</td>
</tr>
<tr>
<td><strong>Saturated Fat</strong></td>
<td>0 g</td>
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<tr>
<td><strong>Trans Fat</strong></td>
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<tr>
<td><strong>Cholesterol</strong></td>
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<tr>
<td><strong>Sodium</strong></td>
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<tr>
<td><strong>Total Carbohydrate</strong></td>
<td>32 g</td>
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<tr>
<td><strong>Dietary Fiber</strong></td>
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<tr>
<td><strong>Sugars</strong></td>
<td>19 g</td>
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<tr>
<td><strong>Protein</strong></td>
<td>28 g</td>
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**Target Market**

**Primary:** Serious athletes looking for a complete, science-based and comprehensive anabolic and enhanced recovery formula.

**Recommended Stack**

- **Max Vit-Acell**
- **Max EFA**

**Key References**


**Recomendations**

1. 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.