maxpro GOURMET is an ultra-premium and absolutely delicious protein supplement to help you build muscle, train harder and recover faster. maxpro GOURMET was developed to supply your body with pure, nutritionally complete protein at the highest quality whey and milk proteins to be used on a daily basis as an integral part of your fitness, training and lifestyle program. It makes an absolutely delicious and satisfying protein shake. Extremely versatile, maxpro GOURMET is ideal for both women and men and ideal to be used before, during or after workouts or anytime during the day for a deliciously satisfying protein shake.†

maxpro GOURMET delivers 27 grams of high quality protein per serving to supplement a diet. The proteins in maxpro GOURMET come from both whey protein concentrate and whole milk solids. The whey protein concentrate is gently processed and derived from temperature-controlled, ultra-filtration and enzyme hydrolyzation extraction methods from cow’s milk. Research suggests that “pulse feeding” or supplying the body with high quality protein every 3 to 4 hours, is the ideal nutrient timing strategy to elevate plasma amino acid and nitrogen levels. This allows the body to stimulate muscle protein synthesis and support muscle repair. Research has also shown that this anabolic effect is significantly enhanced when combined with resistance exercise. Additionally, supplementation with protein 30 minutes before and 30 minutes immediately after strength training results in greater increases in lean body mass, strength, and muscle size beyond that achieved by strength training alone.†

maxpro GOURMET provides 4 grams of naturally occurring branched chain amino acids (BCAAs) per serving. The BCAAs refers to three amino acids leucine, isoleucine, and valine. The BCAAs, especially leucine, have powerful anabolic effects on protein metabolism by increasing the rate of protein synthesis, decreasing the rate of protein degradation, and promoting recovery. The anabolic effect of both whey protein and the BCAAs combined with exercise stimulates skeletal muscle gene expression. Muscle protein synthesis (MPS) is a complex process and involves transcriptional co-regulators, myogenic regulatory factors and the phosphorylation of the mammalian target of rapamycin (mTOR). Myogenic regulatory factors or MRFs include Myo-D, myogenin, and the three amino acids leucine, isoleucine, and valine. The BCAAs, especially leucine, have powerful anabolic effects on protein metabolism by increasing the rate of protein synthesis, decreasing the rate of protein degradation, and promoting recovery. The anabolic effect of both whey protein and the BCAAs combined with exercise stimulates skeletal muscle gene expression. Muscle protein synthesis (MPS) is a complex process and involves transcriptional co-regulators, myogenic regulatory factors and the phosphorylation of the mammalian target of rapamycin (mTOR). Myogenic regulatory factors or MRFs include Myo-D, myogenin, MRF-4 and myf-5 and are a family of muscle-specific transcription factors that play a critical role in muscle cell hypertrophy (increases in muscle cell size). The BCAAs also prevent fatigue during exercise.†

maxpro GOURMET delivers 2.8 grams naturally occurring glutamine per serving. Glutamine is the most abundant amino acid in skeletal muscles and considered a “workhorse” amino acid for sports performance. Glutamine is often depleted due to over training, stress and poor diet. Research indicates that body builders, fitness and strength athletes and other active people often do not produce enough glutamine within their liver to restore critical glutamine levels within a reasonable time frame following training. Glutamine is critical to minimize muscle breakdown and repair heavily trained muscles and support the natural production of human growth hormone, which is also important to muscle recovery and gains. Glutamine also supports the immune system and allows for more intense training.†

maxpro GOURMET provides 4 grams of beneficial dietary fiber per serving. Often lacking in the American diet, dietary fiber provides a myriad of health benefits. Dietary fiber maintains the health of the digestive tract, provides a natural feeling of fullness for weight management, promotes healthy cholesterol levels in addition to other health benefits.†

maxpro GOURMET is extremely versatile and can easily be incorporated into your daily routine; before exercise, during exercise, after exercise, in between-meals and as a bedtime protein shake. This continuous flow of calories and protein helps to saturate your muscles with fuel and amino acids for optimal protein synthesis.

For active individuals to achieve positive nitrogen balance, the scientific evidence supports 1.5 – 2.0 grams protein per kilogram or 1.0 grams protein per pound of body weight per day. (cont’d on p.2)
Flavors: Chocolate Cookie Crunch, Cookies ’n Cream

Supplement Facts
27 Servings per container
Serving Size: 50g

<table>
<thead>
<tr>
<th>Amount per serving</th>
<th>200 Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>%Daily Value*</td>
<td></td>
</tr>
<tr>
<td>Total Fat 3g</td>
<td>4%</td>
</tr>
<tr>
<td>Saturated Fat 2g</td>
<td>10%</td>
</tr>
<tr>
<td>Trans Fat 0g</td>
<td>7%</td>
</tr>
<tr>
<td>Cholesterol 75mg</td>
<td>25%</td>
</tr>
<tr>
<td>Sodium 150mg</td>
<td>6%</td>
</tr>
<tr>
<td>Total Carbohydrate 17g</td>
<td>6%</td>
</tr>
<tr>
<td>Dietary Fiber 4g</td>
<td>6%</td>
</tr>
<tr>
<td>Total Sugars 12g</td>
<td>6%</td>
</tr>
<tr>
<td>Includes 3g Added Sugars</td>
<td>6%</td>
</tr>
<tr>
<td>Protein 27g</td>
<td></td>
</tr>
<tr>
<td>Vitamin D 0mcg</td>
<td>0%</td>
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<tr>
<td>Calcium 176mg</td>
<td>14%</td>
</tr>
<tr>
<td>Iron 1mg</td>
<td>6%</td>
</tr>
<tr>
<td>Potassium 303mg</td>
<td>6%</td>
</tr>
</tbody>
</table>

*The %Daily Value (%DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Directions: In a shaker cup or blender, add 1 scoop to 8-10 ounces of water or your favorite liquid. For every additional scoop, add 4 ounces of water or liquid. Vary the amount of liquid to achieve your desired consistency. Using less fluid will create a thicker tasting shake.

Ingredients (Chocolate Cookie Crunch): Whey Protein Concentrate, Fructose, Whole Milk Solids, Chocolate Cookie Crumbs, Natural and Artificial Flavors, Cellulose Gum, Sodium Chloride, Sucrose.  
Ingredients (Cookies ’n Cream): Whey Protein Concentrate, Fructose, Whole Milk Solids, Natural and Artificial Flavors, Chocolate Cookie Crumbs, Cellulose Gum, Sodium Chloride, Sucrose.  
Contains: Milk, Soy, and Wheat.  

WARNING: Consult a physician before starting any diet and exercise program and before using this product if you are pregnant, nursing, taking medication, under 18 years of age or have a medical condition. Do not use this product for weight reduction. Very low calorie protein diets (below 400 calories per day) may cause serious illness or death.

This product is intended for use as a food supplement only and is not a sole source of nutrition.  Keep out of reach of children.

Manufactured in a cGMP facility that processes milk, egg, fish, crustacean shellfish, tree nuts, wheat and soybeans.

KEY MESSAGES
- Research shows that a continuous intake of protein throughout the day is most effective in maintaining positive nitrogen balance and a positive anabolic state.
- Extremely versatile, can easily be incorporated into your daily routine: before exercise, during exercise, after exercise, in between-meals and as a bedtime supplement.
- Ideal for both women and men.
- 0 grams Trans Fat.
- 4 grams of beneficial Dietary Fiber per serving.
- Each serving provides 14% Daily Value of Calcium.
- Each serving provides a 2 to 1 ratio of Potassium to Sodium.
- Made in the U.S.A. in a manufacturing facility that meets current Good Manufacturing Practices (cGMP).

RECOMMENDED STACK
- Viit-Acell
- Max Glutamine
- Max EFA
- Max Creatine Monohydrate
- Carbo Max
- Max Power Greens

KEY REFERENCES

† 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.