



Product Data Sheet

MAX • NITRO

EXT

EXPLOSIVE NITRIC OXIDE & CARNOSINE SUPPORT†

Max Muscle Sports Nutrition (MMSN) is pleased to introduce its newest innovation **Max Nitro EXT**. A scientifically and evidence-based formula designed to support the bodies production of nitric oxide and carnosine for explosive energy, muscle pump, and intensity.

Max Nitro EXT is a truly unique formula and a hybrid of two comprehensive blends. The **MMSN Nitric Oxide Support Blend** is composed of powerful ingredients to support the production of nitric oxide (NO). Nitric Oxide is formed by the action of the enzyme NO synthase (NOS) on the substrate L-arginine. There are 3 forms of NOS; inducible NOS (iNOS), endothelial NOS (eNOS) and neural NOS (nNOS). The eNOS, found in the vascular endothelium, is most important for athletic performance. This Blend contains the exciting ingredient GlycoCarn® USP (Glycine Propionyl-L-Carnitine HCl); Sigma-tau HealthScience, Inc. (Patent #6,703,042) which is an advanced ester of L-carnitine. GlycoCarn® is proven to increase plasma NO and promoting maximum muscular energetics for enhanced training intensity. GlycoCarn® is also a powerful antioxidant providing protection against free radical which may damage muscle and other cells. Other science-supported ingredients to increase NO production in the Blend include arginine alpha-ketoglutarate (A-AKG), L-norvaline, N-acetyl cysteine (NAC), alpha lipoic acid (ALA), icariin (Epimedium sagittatum), gypenoside (Gynostemma pentaphyllum), and pine bark extract (proanthocyanins). NO synthase is a very complex enzyme requiring the cofactors riboflavin and thiamin. These two essential vitamins have been added to support optimal enzyme function along with magnesium and vitamin C. Magnesium is a component of hundreds of enzymes involved in metabolism and energy support. Vitamin C serves as an intracellular stimulator of NO production along with powerful antioxidant functions.

The **MMSN Carnosine Support Blend** contains beta-alanine and L-histidine. Both amino acids make up carnosine found in muscles. Muscle carnosine increases the buffering capacity in muscles as a result of the accumulation of hydrogen (H+) ions released from lactic acid (lactate) during high intensity exercise. Carnosine levels are generally higher in muscles and concentrated primarily in the "fast-twitch" (Type II) fibers. Studies have also shown that carnosine enhances the antioxidative effect of Vitamin E. Additionally, carnosine may also support NO production. The Blend also includes L-citrulline malate shown to promote aerobic

(cont'd on p.2)



Size: 410 Grams
Serving Size: 13.7 Grams
Servings Per Container: 30

KEY FEATURES

- Delays the Onset of Muscle Fatigue†
- Promotes Improved Anaerobic Performance†
- Optimizes Energy Production and Blood Flow†
- Enhanced Power, Speed and Intensity†
- Enhanced Muscle Recovery†

KEY MESSAGES

- Unique hybrid of two comprehensive Blends to promote explosive NO production and improved anaerobic performance†
- The MMSN Nitric Oxide Support Blend contains GlycoCarn® USP (Glycine Propionyl-L-Carnitine HCl); Sigma-tau HealthScience, Inc. (Patent #6,703,042) a proven to increase plasma NO and promote maximum muscular energetics for enhanced training intensity. GlycoCarn® is also a powerful antioxidant protecting muscle cells against free radicals which may be produced during exercise†
- Enhanced NO production by providing arginine-alpha-ketoglutarate (A-AKG), L-norvaline, N-acetylcysteine (NAC), alpha lipoic acid (ALA), icariin (Epimedium sagittatum), gypenoside (Gynostemma pentaphyllum), and pine bark extract (proanthocyanins) and vitamin C†
- The MMSN Carnosine Support Blend contains the two amino acids that make up carnosine, beta-alanine and histidine. Increasing carnosine promotes the intracellular buffering capacity within muscles of hydrogen ions (H+) generated from lactic acid (lactate) during high-intensity exercise this increasing the lactate or anaerobic threshold†
- Enhances high-intensity exercise performance, powerful antioxidant and the delay of fatigue with the addition of L-taurine†
- Contains L-citrulline malate which promotes aerobic energy production, functions to remove lactic acid and ammonia from muscles, reduces muscle fatigue and supports the synthesis of arginine for superior nitric oxide (NO) production†
- Contains a unique buffered form of magnesium chelate along with vitamin C as an intracellular antioxidant†
- Riboflavin and niacin have been added to support optimal NO synthase (NOS) function†

Your assurance of quality®

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Product Data Sheet

EXT P.2

Size: 410 Grams
Serving Size: 13.7 Grams
Servings Per Container: 30

Supplement Facts

Serving Size: 13.7g Servings Per Container: 30
Calories per Serving: 20 Calories from Fat: 0

	Amount Per Serving	% Daily Value
Total Carbohydrates	5 gm	2%
Dietary Fiber	0 gm	0%
Sugars (Dextrose)	5 gm	**
Vitamin C (ascorbic acid)	500 mg	833%
Riboflavin	3.4 mg	200%
Niacin (as nicotinic acid)	25 mg	125%
Vitamin B6 (as pyridoxine HCl)	10 mg	500%
Magnesium (as citrate buffered)	150 mg	37%
Zinc (as citrate)	30 mg	200%
MMSN Nitric Oxide Support Blend:	3,650 mg	**
Arginine Alpha-ketoglutarate (A-AKG)		
GlycoCarn® USP (Glycine Propionyl-L-Carnitine HCl)		
L-Norvaline		
N-Acetyl Cysteine (NAC)		
Alpha Lipoic Acid (ALA)		
Epimedium sagittatum extract (Standardized to contain a minimum of 40% Icaritin)		
Gynostemma pentaphyllum extract (Standardized to contain a minimum of 95% Gypenoside)		
Pine Bark Extract (Standardized to contain a min 90% proanthocyanins)		
MMSN Carnosine Support Blend	3,750 mg	**
Beta-Alanine		
L-Histidine		
L-Citrulline Malate		
L-Taurine		

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

Directions: As a dietary supplement mix one (1) heaping scoop (approximately 13.7 gm) with 12-16 ounces of pure cold water or with another Max Muscle pre-workout drink like Full Blown Extreme. Stir briskly or shake in a closed container until mixed. Consume 30 minutes prior to exercise. Add ice, sweetener, or increase water content to customize taste preference.

Other Ingredients: Tri-Calcium Phosphate, Natural & Artificial Flavor (FD&C Red No. 40), Acesulfame Potassium, Sucralose Sweetener

GlycoCarn® USP (Glycine Propionyl-L-Carnitine HCl); Sigma-tau HealthScience, Inc. (Patent # 6,703,042)

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

STORE IN A COOL, DRY PLACE IN THE ORIGINAL CONTAINER 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.

TARGET MARKET

Primary: Serious athletes who actively participate in strength, high-intensity and endurance sports wanting explosive muscular strength and pump along with a superior anti-fatigue formula.

RECOMMENDED STACK

- Full Blown Extreme
- Iso-Extreme
- XTR
- Gluta-Matrix

(cont'd from p.1)

energy production and serves to remove lactate and ammonia from muscle cells to reduce muscle fatigue. L-Taurine is a non-essential sulfur containing amino acid with high concentrations found in skeletal muscles and appears to play a role in cellular defenses (cytoprotective). L-Taurine is often depleted during extreme physical exertion and has been shown to prolong fatigue.

Key References

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3. Alexabder E, Black PM, Cooke JP. L-arginine normalizes endothelial function in cerebral vessels from hypercholesterolemic rabbits. J Clin Invest. 1991;87:1295-1295
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To report a serious adverse event, contact:

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† 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.