

# XTINGUISHER

## PHYSIO PERFORMANCE ENHANCER†

Max Muscle Sports Nutrition (MMSN) is proud to introduce **XTINGUISHER**, a scientifically-based formula in the optimal doses to support muscles production and maintenance of carnosine and aerobic ATP production. Using **XTINGUISHER** will allow you to train harder and longer before muscle fatigue sets in.

**CarnoSyn® Beta-Alanine and L-Histidine.** CarnoSyn® Beta-Alanine is patented Beta-Alanine and, when combined with L-Histidine, boosts muscle carnosine levels. CarnoSyn® Beta-Alanine may be the rate limiting step in the synthesis of carnosine and results in the synthesis of muscle carnosine levels. Clinical studies have shown CarnoSyn® Beta-Alanine to increase strength, buffer lactic acid, delay muscle fatigue, and speed recovery time.†

**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-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) including DNA damage from free radical produced during exercise. L-Taurine is often depleted during extreme physical exertion and has been shown to prolong fatigue.

**L-Aspartic Acid** is also called Aspartate and is a non-essential amino acid. Aspartic acid is closely related to glutamic acid. Aspartic acid is a metabolite of the urea cycle (liver) and functions to remove urea (ammonia waste) from the body. Aspartic acid may also increase endurance and prolong fatigue during high-intensity exercise.

**Creatine Monohydrate** is a time tested ingredient that regenerates the primary energy molecule, ATP, in muscles. Creatine supports high-intensity exercise, short-duration workouts. Creatine also serves as a buffer, resulting in delayed muscle fatigue and discomfort.

**D-Ribose** is a naturally occurring 5-carbon sugar found in all living cells and is a component of the energy generating ATP and NADH molecules. D-Ribose supports energy, endurance and muscle recovery and a powerful adjunct to Creatine and CarnoSyn® Beta-Alanine.

**Magnesium and Vitamin C.** Magnesium is a component of hundreds of enzymes involved in metabolism and energy support. Vitamin C serves as one of the most powerful intracellular antioxidants in the body.

If you are a serious athlete who trains at a high intensity, you need **XTINGUISHER** for enhanced exercise performance. **XTINGUISHER** allows you to train harder and longer before fatigue sets in.

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



**Size:** Net Wt. 435g (0.96lb)

**Serving Size:** One (1) Level Scoop (Approx. 14.5g)

**Servings Per Container:** Thirty (30)

**Flavor:** Fruit Punch

### KEY FEATURES

- Enhanced Power, Speed and Intensity†
- Enhanced Endurance†
- Enhanced Recovery†
- Delays Fatigue†
- Powerful Antioxidant†

### KEY MESSAGES

- Scientifically formulated to support the synthesis and to maintain muscle carnosine levels for enhanced power, speed, intensity, endurance and recovery†
- CarnoSyn® Beta-alanine and histidine are carnosine precursors. Carnosine promotes the intracellular buffering capacity within muscles of hydrogen ions (H+) generated from lactic acid (lactate) during high-intensity exercise†
- Increases lactate or anaerobic threshold†
- Carnosine also functions as a powerful intracellular antioxidant and may enhance the antioxidant effects of Vitamin E†
- Enhances high-intensity exercise performance, powerful antioxidant and the delay of fatigue with the addition of taurine†
- Beta-alanine functions as an intracellular antioxidant to protect cellular organelles from free-radical called reactive oxygen species (ROS)†
- Contains 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†

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Your assurance of quality®

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## Supplement Facts

	Amount Per Serving	% Daily Value**
Serving Size: One (1) Level scoop (Approx. 14.5 gm)      Servings Per Container: 30		
Calories per Serving: 20      Calories from Fat: 0		
Total Carbohydrates	5 gm	17%
Dietary Fiber	0 gm	0%
Sugars (Dextrose)	5 gm	**
<b>XTINGUISHER Performance Enhancing Blend</b>	7,300 mg	**
CarnoSyn® Beta-Alanine, Creatine Monohydrate, D-Ribose, L-Histidine, L-Citrulline Malate, L-Taurine, L-Aspartic Acid		
Magnesium (as glycinate) Buffered	150 mg	37%
Vitamin C (Ascorbic Acid) Buffered	120 mg	200%

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

**Directions:** As a dietary supplement mix one (1) scoop (approximately 14.5gm) with 12-16 ounces of pure cold water. 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. Can be taken with or without food. Best results are seen when taken daily within a 3-4 week range. Can be taken on training days as a pre-workout formula or on non-training days.

**Other Ingredients:** Tricalcium Phosphate, Citric Acid, Natural & Artificial Fruit Punch Flavor (FD & C Red No. 40), Acesulfame Potassium and Sucralose Sweetener.

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

**WARNING:** 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.

This product contains beta-alanine. Beta-alanine may produce a mild tingling effect (parasthesia) or flushing sensation of the skin on initial use. This is similar to the niacin flush and most people are not bothered by this effect. This is resolved by taking 1/2 a serving (1 scoop) and gradually increasing to the 2 scoop serving. If flushing continues, smaller and more frequent dosing may also help resolve this or discontinue use.

This product contains D-ribose. D-ribose may cause hypoglycemia. Diabetics who use D-ribose should have blood glucose closely monitored. Diabetics should consult with their physician before using this product.

This product contains the essential amino acid L-histidine. L-histidine is a precursor to the formation of histamine which is a chemical messenger involved in allergic and inflammatory reactions in the body. Individuals with asthma (especially exercise-induced asthma), other respiratory or inflammatory disorders should consult with a physician before using this product.

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



Natural Alternatives International (NAI) is the owner of patents 5,965,596, 6,172,098, 6,426,361, 6,680,294 and registered trademark CarnoSyn®.

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## KEY MESSAGES

- Creatine Monohydrate regenerates the primary energy molecule, ATP, in muscles. Creatine serves as an intracellular buffer delaying fatigue and discomfort from high-intensity, short-duration exercise†
- Contains ribose which supports energy, endurance and muscle recovery†
- Contains a unique buffered form of magnesium chelate along with Vitamins C as an intracellular antioxidant†

## TARGET MARKET

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

## RECOMMENDED STACK

- XTR
- Iso-Extreme
- Gluta-Matrix
- Max EFA
- Vit-Acell

To report a serious adverse event, contact:

**Max Muscle Sports Nutrition**  
 210 W. Taft Ave., Orange CA 92865  
 www.maxmuscle.com



† 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.