

Max ACM

Advanced Carbohydrate Matrix

Featuring Triple Carb Matrix Technology

Max Muscle Sports Nutrition (MMSN) is proud to introduce **Max ACM**, a scientifically-based formula Triple Carb Matrix featuring three different molecular weight carbohydrates, including pure waxy maize starch (amylopectin), maltodextrin and trehalose. **Max ACM** has been formulated to support muscle and liver production of glycogen providing the necessary energy for endurance, bodybuilding and weight gain. MMSN has been very successful in providing athletes with proven multi-source proteins and now **Max ACM** provides you with a highly versatile and multi-source carbohydrate formula.

Glycogen loading (supercompensation) or commonly called carbohydrate loading has been proven to enhance athletic performance. Endurance athletes benefit from glycogen loading to delay fatigue in events lasting one hour or longer. The ability to sustain prolonged exercise depends on muscle glycogen concentration. Additionally, bodybuilders benefit from glycogen loading since each gram of glycogen is stored in muscle with approximately 3 grams of water resulting in an increase in muscle size and definition.

Glycogen may be the most important fuel source for energy during exercise. There is a direct correlation between the glycogen stored in muscles and liver and the ingestion of carbohydrates. The enzyme responsible for the synthesis of glycogen is glycogen synthase.

The American College of Sports Medicine recommends that carbohydrate be ingested at a rate of 30 to 60 grams per hour to maintain oxidation of carbohydrates as fuel and delay fatigue.

Max ACM contains the Triple Carb Matrix and is highly multi-functional. The waxy maize starch (amylopectin) is a high molecular weight carbohydrate found to support glycogen loading. This dense and highly branched carbohydrate has an approximate molecular weight greater than 500,000 and approximately 100 times greater molecular weight than maltodextrin and 3000 times greater molecular weight than dextrose. The waxy maize starch molecule is absorbed far quicker as it passes through the stomach faster than dextrose or maltodextrin. The maltodextrin (glucose polymer) fraction of the Triple Carb Matrix is an easily digested short chain of 3 – 20 dextrose (glucose) units in length and a convenient source of intermediate energy to support high levels of energy during intensity or endurance exercise. Maltodextrin has been shown to be an ideal carbohydrate for energy replacement drinks. Lastly, the Triple Carb Matrix contains the cutting edge carbohydrate called trehalose. Trehalose is a naturally occurring disaccharide containing 2 glucose units in an alpha, alpha 1,1 linkage. Trehalose is a significantly smaller molecule than the waxy maize starch or maltodextrin with a more extended digesting and absorption time. An addition benefit of trehalose is its ability to aid in nutrient absorption.

Each serving of **Max ACM** provides 40 grams of rapidly assimilated high molecular weight carbohydrates (waxy maize starch), intermediate molecular weight maltodextrin along with the low molecular weight trehalose providing the ideal amounts and forms of carbohydrates to maximize glycogen synthesis, and endurance activity, intense training sessions, bodybuilding, etc.

(Continued on Page 2)

Your assurance of quality®

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Size: 3 lbs. (1.36 kg)

Serving Size: Two (2) Scoops (Approx. 40 gm)

Servings Per Container: Thirty-Four (34)

KEY FEATURES

- Triple Carb Matrix (Waxy Maize Starch, Maltodextrin and Trehalose).
- Instantized for easy mixing.
- Unflavored and extremely versatile that can be mixed with most protein powders.
- Each serving provides 40 gm (160 Kcal) of pure high molecular weight waxy maize starch, maltodextrin and trehalose carbohydrate.
- Supports Glycogen Loading, Weight Gain and Athletic Performance.†

KEY MESSAGES

- Contains high molecular weight waxy maize starch derived from corn to support glycogen loading for endurance performance, bodybuilding and weight gain.†
- Meets American College of Sports Medicine guidelines for carbohydrate loading for endurance energy and delay fatigue.†
- The high molecular weight waxy maize starch passes through the stomach much quicker than the maltodextrin or dextrose fractions.†
- Ideal for pre-loading (supercompensation), during exercise (delay fatigue) and post-exercise (recovery and replenish glycogen) strategies.†
- Contains maltodextrin (glucose polymer) of 3 – 20 glucose units in length. Thus providing an ideal intermediate energy source for high intensity and endurance activities.†
- Contains trehalose which is a natural occurring disaccharide with a unique linkage. Trehalose provide quick energy and may aid in the absorption of other nutrients.†

(Continued on Page 2)

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Supplement Facts

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Servings Per Container: Thirty-Four (34)

	Amount Per Serving	%DV*
Calories Per Serving:	160	
Calories from Fat:	0	
Total Fat	0 g	0%
Saturated Fat	0 g	0%
Trans Fat	0 g	0%
Cholesterol	0 g	0%
Sodium	0 g	0%
Total Carbohydrates	40 g	25%
Dietary Fiber	0 g	0%
Sugars	10 g	**
Protein	0 g	0%

*Percent Daily Values are based on a 2,000 calorie diet.

**Daily value not established.

Directions: As a dietary supplement mix two (2) level scoops (approximately 40 gm) with 12 to 16 ounces of pure cold water or added to your favorite protein shake. Shake vigorously or blend in a closed container for 15 seconds or until mixed. Add ice, sweetener, or increase water content to customize taste preference. Consume 3-5 grams carbohydrate per pound of bodyweight.

Ingredients: Waxy Maize Starch (Amylopectin), Maltodextrin, Trehalose Dihydrate, Acesulfame Potassium, Sucralose Sweetener

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

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

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

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.

To report a serious adverse event, contact:
Max Muscle Sports Nutrition
1641 South Sinclair St.
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www.maxmuscle.com

(Continued from Page 1)

If you are a serious athlete who trains at a high intensity, **Max ACM** will provide you with three pure source carbohydrates that will allow you to train harder and longer before fatigue sets in. **Max ACM** is ideal for pre-loading, during exercise and post-loading strategies.

CARBOHYDRATE LOADING PLANS

Pre-workout: Mix one serving (40 gm) of **Max ACM** with 16 to 20 ounces of pure cold water. Shake well for at least 20 seconds. Drink 30 minutes before your workout or as tolerated. May be mixed with your favorite protein, BCAA or pre-workout blend.

Post-workout: **Max ACM** is ideal for post-workout glycogen replenishing and halt catabolism. Mix one serving (40 gm) of **Max ACM** with 16 to 20 ounces of pure cold water. Shake well for at least 20 seconds. Consume immediately after your workout. May also be mixed with your favorite whey protein, BCAA or pre-workout blend.

Weight Gain: For a delicious and nutritious high calorie drink, mix **Max ACM** with one or more of these; fruit, yogurt, milk, eggs, or juice. It is possible to ingest over 1,000 calories per drink when you combine additional food sources as mentioned. Try this 3-4 times a day; you should see results very quickly.

Max ACM is unflavored and extremely versatile. **Max ACM** complements with other MMSM protein powders to increase the total caloric value, creatine, glutamine, BCAAs and other strength and recovery supplements.

Key References:

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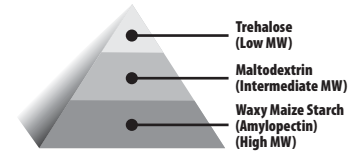
KEY MESSAGES

- Extremely versatile as a stand alone drink or mixed with your favorite protein powder, pre-workout mix, creatine, BCAA or other ingredients.
- Ideal for those who want to gain weight and need to ingest a pure complex carbohydrate along with protein during every meal.†

TARGET MARKET

Primary: Endurance athletes needing to sustain high levels of energy during intense training sessions, bodybuilding, or any endurance activity requiring long term energy.

Secondary: Hard gainers looking for a pure source of high molecular weight complex carbohydrate in a convenient, versatile and easy to use supplement



RECOMMENDED STACK

- Triple Whey Protein
- MAXPRO
- Iso-Extreme
- XTR
- Max Creatine Monohydrate
- Gluta-Matrix