

# High 5

## Synergistic Protein Complex<sup>†</sup>

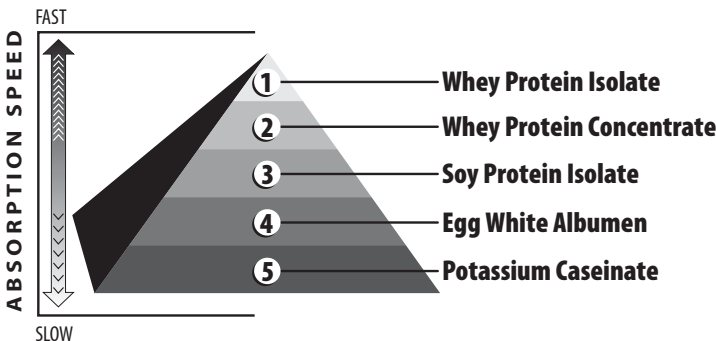
**Max High 5** Synergistic Protein Complex is the ideal blend of 5 proven and highly effective protein sources. We specifically combined and balanced these protein sources to optimize protein uptake and absorption. This process increases the duration of nitrogen retention, and may enhance muscle recovery and strength.<sup>†</sup>

SynPro™ is Max Muscle Sports Nutrition's unique Synergistic Protein Complex which provides 26 grams of proteins per serving. High 5 provides continuous protein utilization because of its optimum blend and proportions of 5 distinctly different protein sources.

As illustrated in the figure below, MMSN's Whey Protein Concentrate and potent Whey Protein Isolate occupy the one-hour through two-hour utilization period. Whey comprises 20% of the protein found in milk and is considered a "fast-acting" protein. Whey Protein Isolate (WPI) and Whey Protein Concentrate (WPC) contains all 9 essential amino acids and a rich source (24%) of the branched-chain amino acids (BCAAs); L-leucine, L-valine and L-isoleucine. Whey proteins are also rich in the amino acid L-glutamine and L-glutamine peptides. Soy Protein Isolate (SPI) is an intermediate absorption protein that carries your muscle building through the third-hour. Soy is the best non-animal source of protein and contains all of the required essential amino acids to support muscle growth and development. Additionally, soy proteins contain powerful antioxidants and phytonutrients to support optimal muscle function. Egg White Albumin is a high quality protein and loaded with all essential amino acids. Egg White Albumin is a slower absorbing protein. Lastly, Potassium Caseinate is a form of the milk protein casein. Casein comprises 80% of the protein in milk and is often referred to as a "slow-acting or "time-released" protein since it is digested and absorbed much slower than the other proteins.

It's not just the 5 proteins that make **Max High 5** perform. It's the specific proportions in our unique combination (a proprietary secret) that makes **Max High 5** your best protein supplement investment.

**Max High 5** Synergistic Protein Complex allows you to continuously absorb 5 ideal protein sources. This ideal proprietary balanced formulation provides up to four-hours of maximum protein uptake and utilization.



Your assurance of quality<sup>®</sup>

1641 S. Sinclair Street • Anaheim, California 92806 • 714.456.0700 • 714.456.0727 fax

[www.maxmuscle.com](http://www.maxmuscle.com)



**Size:** 3 lbs (1,362g)  
**Serving Size:** 1 Scoop Approx. (32g)  
**Servings Per Container:** 43  
**Flavors:** Banana, Cappuccino, Chocolate, Orange, Pineapple  
 Banana, Vanilla, Strawberry

### KEY FEATURES

- Powerful Formulation of 5 Unique Multi-Source Proteins
- 26 grams of SynPro™ Protein per serving
- Time-Released Formula to Guarantee Greater Nitrogen Retention<sup>†</sup>
- Aspartame Free

### KEY MESSAGES

- Only 72 mg of naturally occurring sodium.
- Whey Protein Isolate and Whey Protein Concentrate breakdown very quickly within 1-2 hours after consumption.<sup>†</sup>
- Soy Protein Isolate takes 3 hours to absorb.<sup>†</sup>
- Potassium Caseinate which is highly absorbable and very dense and Egg Albumin absorb most slowly and take up to 4 hours for gastric emptying.<sup>†</sup>
- Each of the Five proteins in High 5 have a unique amino acid profile "signature" when correctly combined with the other proteins provide for ideal absorption and maximum protein utilization.<sup>†</sup>
- Very clean source of protein containing no added fat, coconut oil, corn syrup or salt.<sup>†</sup>
- 500 mgs of potassium per serving promotes stronger muscle contractions and helps prevent muscle cramping.<sup>†</sup>

### TARGET MARKET

**Primary:** Bodybuilders and explosive strength athletes requiring a quality time-released protein source.

**Secondary:** Individuals who need to increase total amounts of protein in their diet and keep nitrogen levels elevated for longer periods of time.

### RECOMMENDED STACK

- |                     |                |
|---------------------|----------------|
| • Max Creatine      | • Max ACM      |
| • Max Green Synergy | • Vit-Acell    |
| • CarboMax          | • Max Zyme     |
| • Max EFA           | • XTR          |
| • Max Glutamine     | • Gluta-Matrix |

# High 5 Banana

3 lbs (1,362g)

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### Supplement Facts

Serving Size: 1 Scoop, Approx. (32g)  
Servings Per Container: 43

Amount Per Serving	
Calories (in water)	118
Calories from Fat	9
%Daily Value*	
Total Fat	1 g 1%
Saturated Fat	1 g 2%
Cholesterol	28 mg 9%
Sodium (naturally occurring)	72 mg 3%
Potassium	500 mg 14%
Total Carbohydrate	1 g 1%
Dietary fiber	0 g 0%
Sugars	1 g **
Protein	26 g 51%

Vitamin A 1% Vitamin C 0% Calcium 11% Iron 0%  
\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.  
\*\* Branched chain amino acids.

**Ingredients:** "SynPro"<sup>™</sup> MMSN's proprietary blend of synergistic time releasing proteins: (Whey Protein Concentrate, Soy Protein Isolate, Egg White Albumen, Potassium Caseinate, and Whey Protein Isolate). This unique blend includes long and short chain peptides comprised of all essential and non-essential amino acids. (All protein derived from ion exchange, triple filtration and enzyme hydrolyzation extraction process), glycine, gum acacia, natural and artificial flavors (FD & C Yellow No. 5), acesulfame potassium, sucralose sweetener.

**Directions:** Add one (1) scoop to 6 to 10 ounces of water, milk or juice. Stir with spoon or mix in a Max Shaker Cup for ultimate convenience. High 5 mixes instantly and can be used as a dietary supplement to compliment meals that are low in protein. High 5 can also be used to increase total amounts of dietary protein for maximum muscle growth and lean tissue repair.

**ALLERGY INFORMATION:** Contains whey protein (derived from milk), and potassium caseinate (derived from milk), and egg protein. Manufactured in a facility that processes milk, soy, shellfish, egg, 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.

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# High 5 Cappuccino

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Dietary fiber	0 g 0%
Sugars	1 g **
Protein	26 g 51%

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Protein	26 g 51%

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# High 5 Orange

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# High 5 Pineapple Banana

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# High 5 Strawberry

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# High 5 Vanilla

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Total Carbohydrate	1 g 1%
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Sugars	1 g **
Protein	26 g 51%

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