



MRM

- CHOCOLATE
- STRAWBERRY

- 1

Whey protein concentrate for amino acid replenishment
- 2

Carbohydrate blend of maltodextrin and dextrose for rapid gastric emptying and glycogen replenishment
- 3

Sodium to ensure maximum hydration and to reduce muscle stress
- 4

Additional leucine to help 'drive' protein synthesis

Net Weight 2kg
per tub

MAXIMUM RECOVERY MATRIX



Nutritional Values Based on Strawberry Flavour

Reference intake of an average adult (8400kJ/2000 kcal)

Serving size: 2 scoops (100g)

Servings per container: 20

Typical Values	Per 100g
Energy	1653kJ 390kcal
Fats	3.18g
of which saturates	1.87g
Carbohydrates	61.73g
of which sugars	18.06g
Protein (Dry basis)	29.95g
Salt	0.46g
Glutamic Acid	7.51g
BCAA's	8.91g

Ingredients

Maltodextrin, Whey Protein Concentrate, Dextrose, Flavour, L-Glutamine, Thickener (Xanthan Gum), L-Leucine, Emulsifier (Sunflower Lecithin), Colour (Beetroot Red), Sodium Chloride, Sweeteners (Steviol Glycosides, Sucralose).

