

**Q** Are there any products in the Max Muscle line that would be really good for recovering after exercising or weight training?

**A** After any type of exercise, especially those of high intensity, duration and in hot and humid conditions, what you do as part of nutritional strategies is very critical. The goal is to replenish energy stores in the muscles, reduce inflammation that can lead to soreness and produce a faster recovery.

First, make sure you rehydrate yourself with liberal amounts of water. Sports nutritional products will not be effective if your muscles are dehydrated. Water also helps cool your body down to normal body temperature. Remember, approximately 70 percent of muscle's composition is water. Most of the nutritionals listed below are water soluble and water is critical to deliver these nutrients to the muscle cells. Also, immediately following exercise the muscles are very "sensitized" allowing for nutrients to be taken up rapidly. This critical period lasts approximately 30 minutes.

Here is a suggested protocol for recovery using products in the current Max Muscle product line:

Carbo Max (70 gm or approximately ¾ cup) – the ideal source of complex carbohydrates to replenish muscle glycogen stores.

The new Iso-Extreme (2 scoops)

or Max Whey (2 scoops) – delivers highly bioavailable and rapidly absorbed whey protein isolates for synthesis of muscle proteins. Iso-Extreme is also rich in the BCAAs and glutamine.

Max BCAA (2 servings) – BCAAs are found in high concentration in muscle tissue. The amino acids leucine, valine and isoleucine along with vitamins B6, B12 and the mineral zinc helps optimize protein assimilation and reduced recovery time.

Gluta-Matrix (1 scoop) or Max Glutamine (10 gm) – glutamine is the most abundant amino acid in muscles and becomes depleted with exercise. Glutamine effectively supports muscle recovery and muscle gains.

Max Creatine (10 gm) – creatine increases the water content of muscles supporting protein synthesis and reduced recovery time.

Max Vit-Acell (1 serving) – essential B-complex vitamins and minerals provide cofactors for protein synthesis. The glucosamine in Max Vit-Acell has been shown to have anti-inflammatory properties thus reducing muscle pain and quicker recovery.



Dr. Phil Harvey is the Chief Science Officer for Max Muscle. Email questions to [editor@maxmuscle.com](mailto:editor@maxmuscle.com).

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