

## THE SCIENCE BEHIND BIOMAX TRUE PROTEIN

Maximuscle PROGAIN contains BioMax True Protein, a unique blend which is fast acting with a sustained release of protein that gets to work fast and lasts for hours supporting muscle development.

Typically, food protein concentrations are theoretically calculated based on the total nitrogen content, but this can cause some variances in the derived protein level. Maximuscle have gone one step further by validating the protein concentration in PROGAIN by comparing the weight of the individual amino acids with the calculated factored amount, qualifying this as BioMax True Protein. We guarantee that every serving of PROGAIN provides 30g of high-quality BioMax True Protein to help support the growth and maintenance of muscle.

**BioMax**  
True Protein



## THE ROAD TO RESULTS

For Maximuscle ambassadors and athletes, it's the preferred choice they can go into competition with peace of mind, knowing that all Maximuscle products are screened for banned substances and are Informed-Sport accredited.



**TRUSTED BY ELITES**

# maximuscle



# PROGAIN SIZE



# maximuscle

## PROGAIN SIZE

NEW  
FORMULA

SCIENTIFICALLY  
FORMULATED WITH PROTEIN  
TO HELP INCREASE MUSCLE  
MASS AND SIZE

**30g PROTEIN**

**LOW SUGAR**

**8g BCAAs**

**478 CALORIES**

**BioMax**  
True Protein

STRAWBERRY FLAVOUR

11 SERVINGS

1.4kg e

PROGAIN is a distinctive formulation designed to deliver a convenient high protein shake to help increase muscle mass and size. With 478 calories containing complex carbohydrates and naturally occurring BCAAs, PROGAIN provides a tailored solution to enhance your normal diet, through our optimised blend of BioMax True Protein delivering fast acting and slow releasing protein to help make muscle gains.

### BENEFITS OF PROGAIN:

#### 478 CALORIES

PROGAIN contains an impressive 478 calories in every serving, of which 120 calories are from muscle-building proteins. Specifically formulated to provide the additional proteins to gain mass, PROGAIN is a useful addition to the diet for anyone looking to gain muscle mass and size.

#### BCAAs & GLUTAMINE

Our protein formula naturally provides 8g of the Branched Chain Amino Acids (Leucine, Isoleucine and Valine) in every serving. BCAAs are considered essential amino acids as the body cannot produce them itself and are required in our diets. Every serving also contains 6g glutamine, the most abundant amino acid in the muscle.

#### COMPLEX CARBOHYDRATES

PROGAIN is a low sugar shake, with every serving packed with complex carbohydrates and protein to support muscle growth and size.

#### SCREENED & EFFECTIVE

Every batch of PROGAIN is screened for banned substances and is registered with the Informed-Sport programme.

**INGREDIENTS:** Maltodextrin (52%), BioMax True Protein (32%) (whey protein concentrate (milk), milk protein concentrate), fructooligosaccharide (7%), soya oil powder, medium chain triglycerides, flavourings, colour (beetroot red), sweeteners (sucralose, acesulfame K), thickener (cellulose gum).

### NUTRITIONAL INFORMATION

Typical Values	Per 100g	Per 120g (Serving)
Energy, kJ / kcal	1662 / 398	1994 / 478
Fat, g	6.7	8.0
of which saturates, g	3.9	4.7
Carbohydrate, g	61.2	73.4
of which sugars, g	5.5	6.7
Fibre, g	6.4	7.7
Protein, g	25.0	30.0
Salt, g	0.6	0.7
<b>Other ingredients</b>		
BCAAs, g	6.7	8.0
Leucine, g	3.1	3.7
Isoleucine, g	1.7	2.1
Valine, g	1.9	2.3
Glutamine, g	5.0	6.0
Essential fatty acids (EFA), g	1.6	2.0
Linoleic acid, g	1.4	1.7
Linolenic acid, g	0.2	0.2

**NOTICE:** Strawberry flavour high protein food supplement drink mix with sweeteners. Food supplements should not be used as a substitute for a varied and balanced diet and a healthy lifestyle. Do not exceed the recommended daily intake. Keep out of reach of children. This pack contains 11 servings. Suitable for vegetarians. For best before end see back of pack. Made in the EU.

**Storage Instructions:** Keep tightly sealed in a cool, dry place and away from direct sunlight. Natural settling of this product will occur during transport. This product is packed by weight, not by volume.

### HOW TO SERVE



For one serving, add three scoops of powder (120g) to 500ml of water, shake to blend and enjoy!



UK: 0800 723 2001 | 1999 266 000

customer.relations@gsk.com | www.maximuscle.com

WRITE TO: Maximuscle Customer Relations, 980 Great West Road, Brentford, TW8 9GS, UK or 12 Riverwalk, Clonsilla Business Campus, Dublin 24, Ireland. Maximuscle is a division of GSK Consumer Healthcare. Trade marks are owned by or licensed to the GSK group of companies.

BATCH NUMBER / BEST BEFORE END:

1.4kg e



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