

## **Ultimate Nutrition**

### **Muscle Juice 2544**

To gain weight, be it to put on lean muscle or bulk up, you need a high caloric formula and a proper exercise program. Ultimate Nutrition Muscle Juice 2544 has 55 grams of the highest quality protein per serving! It is an excellent way to add the extra peptide – bonded and free form amino acids, predigested complex carbohydrates (glucose polymers), and pure crystalline fructose to your nutrition program on a consistent basis.

Many athletes often wonder which protein is the best choice for achieving their performance goals. There is evidence to suggest that it may be beneficial to consume a balance of different protein types in order to reap the unique benefits that each offers. Our advanced muscle mass formula offers a blend of biologically important proteins; (whey protein concentrate, whey protein isolate, calcium caseinate, and egg white albumin).

Research shows that egg protein is nature's most perfect form of body-soluble protein. Egg protein has high levels of alanine, arginine, and glycine. Egg albumin is the standard by which all proteins are judged because egg protein most closely matches the essential amino acid profile of human breast milk. Egg Albumin protein is a rich source of bioactive peptides like Ovalbumin, ovotransferrin, ovomucoid, ovomucin, lysozyme, globulins, and immunoglobulins with various immunity characteristics and functions.

Whey protein increases the anabolic environment and prevents muscle breakdown, thereby assisting the muscle-building effects of intense weight training and exercise. It also enhances muscle recovery after exercise and workouts. In it you get the most optimal source of amino acids (the major building blocks of muscle); critical for the repair and growth of muscle tissue. Whey protein boosts immune function by increasing levels of glutathione (the most potent antioxidant in the body) and helps to maintain balanced nutrition, by supporting both healthy weight-loss and muscle enhancing nutritional programs.

Calcium Caseinate is a high protein, high calcium nutrient derived from milk. Calcium Caseinate, like other milk proteins, is very high in glutamine and has a good amount of BCAAs present as well. It also has plenty of Essential Amino Acids built in for your essential requirements. Another benefit of casein in a blend of proteins is it can also help the absorption of some faster acting whey due to the enhanced time they will be spending in the gut.

Muscle Juice 2544 is an extremely convenient way to consistently attain a nutrient and calorie rich diet, to help those looking at gaining weight. Our great tasting formula is designed to help both hard gainers gain lean muscle and others to bulk up. It was created to boost athletic performance by providing the body with a dose of carbohydrates to help it create energy. Active men and women in all kinds of athletic activities ranging from cycling, marathons, triathlons, weigh lifting and soccer, just to name a few, can use it.

Ultimate Nutrition's high quality formula incorporates a combination of simple and complex carbohydrates with a higher percentage of complex carbohydrates. This kind of formulation is ideal for sustained energy during exercise since complex carbohydrates provide energy in a steady supply. It also helps to satisfy thirst while replenishing and boosting energy levels. Muscle Juice 2544 is ideal prior to exercise for energy and afterwards to replenish glycogen; for optimal recovery and helps to spare protein as an energy source.

Medium Chain Triglycerides (MCT) oil is a unique performance fat, which is particularly interesting because, when it is metabolized in the body, it behaves like a carbohydrate as opposed to a fat. Athletes who need extra energy in their diets have used it. MCT oil is rapidly burned for energy, much like a carbohydrate. MCT oil is a great source of energy; it's converted into energy much faster than regular oils. Also little MCT oil gets stored in fat cells. MCTs may enhance growth hormone release. MCTs are a great way to benefit from extra calories in a diet, particularly for those who have difficulty putting on and maintaining weight.

**\*\*MUSCLE JUICE 2544 IN VANILLA AND CHOCOLATE FLAVORS IS NOW HALAL CERTIFIED\*\***

#### Selected References:

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