

Suggested Use:

- To complement food and nutrient intake in order to achieve desired nutrition goals.
- Apex Max Drink Mix is designed to provide high protein in a small volume to help increase protein intake during weight gain.
- Enhance energy and recovery when used as a pre- and post-workout supplement.
- An excellent source of calcium.
- An excellent source of protein.

Directions: Add 2 scoops of Apex MAX Chocolate Drink Mix to 1 cup (8 fl. oz) cold skim milk or water. Stir or blend until dissolved. For a thinner drink, add more milk or water. For a rich milkshake effect, add crushed ice and/or your favorite fruit. Be creative, but count your calories.

*Designed to be a satisfying pre- and post-workout liquid meal, APEX MAX DRINK MIX works to lose body fat or gain lean muscle. **

**It is not recommended that more than one-third of your total calories be substituted in the form of meal replacement drinks unless medically supervised. Consult your physician before starting any diet.*

Nutrition Facts			
Serving Size: 2 Scoops (75 g)			
Servings Per Container: About 20			
Amount Per Serving:		Powder	With 1 cup Skim Milk*
Calories:		280	360
Calories from Fat:		20	25
		% Daily Value	% Daily Value
Total Fat	2.0 g**	3%	4%
Saturated Fat	1.5 g	8%	8%
<i>Trans</i> Fat	0 g		
Cholesterol	35 mg	12%	13%
Sodium	430 mg	18%	23%
Potassium	870 mg	25%	36%
Total Carbohydrate	23 g	8%	12%
Dietary Fiber	2 g	8%	8%
Sugars	2 g		
Protein	41 g	82%	99%
Vitamin A		15%	25%
Vitamin C		15%	15%
Calcium		45%	70%
Iron		20%	20%
Vitamin E		15%	15%
Vitamin K		10%	20%
Thiamin		15%	20%
Riboflavin		25%	45%
Niacin		15%	15%
Vitamin B6		15%	20%
Folate		15%	15%
Vitamin B12		15%	30%
Biotin		15%	15%
Pantothenic Acid		15%	20%
Phosphorus		40%	60%
Iodine		20%	50%
Magnesium		35%	40%
Zinc		15%	20%
Selenium		10%	15%
Copper		20%	20%
Manganese		25%	25%
Chromium		6%	6%
Molybdenum		25%	30%

* Amount in powder.

**Percent Daily Values are based on a 2,000 calorie diet.

Ingredients: Whey protein concentrate, maltodextrin, milk protein isolate, calcium caseinate, cocoa (processed with alkali), natural and artificial flavor, salt, soy lecithin, potassium phosphate, potassium chloride, cellulose gum, aspartame, taurine, L-glutamine, calcium alpha-ketoglutarate, xanthum gum, magnesium oxide, potassium citrate, egg white, medium chain triglycerides, sodium caseinate, beta carotene added for vitamin and color, ascorbic acid, ferrous fumarate, alpha-tocopherol acetate, niacinamide, zinc oxide, manganese sulfate, calcium pantothenate, copper sulfate, vitamin A palmitate, pyridoxine hydrochloride, riboflavin, thiamin mononitrate, folic acid, sodium molybdate, chromium chloride, biotin, potassium iodide, sodium selenite, phytonadione, vitamin B12. Phenylketonurics: Contains Phenylalanine.

Manufactured in a plant that processes peanut, tree nuts, soy, milk and egg products.