

Maximize Your Gains

MUSCLE SUPPORT MIX

Get the most out of what you put in. Delivers energy from caffeine that's derived from green tea extract for a long-lasting boost, plus L-theanine which may help sharpen focus, and beta-alanine for muscle protein synthesis.

#54510 | 30 STICK PACKS

A BURST THAT COMES ON STRONG AND STAYS ON LONG

Why We Love It

Provides Long-Lasting Energy

- Natural green tea extract boosts energy levels¹⁻⁴

Provides Antioxidants

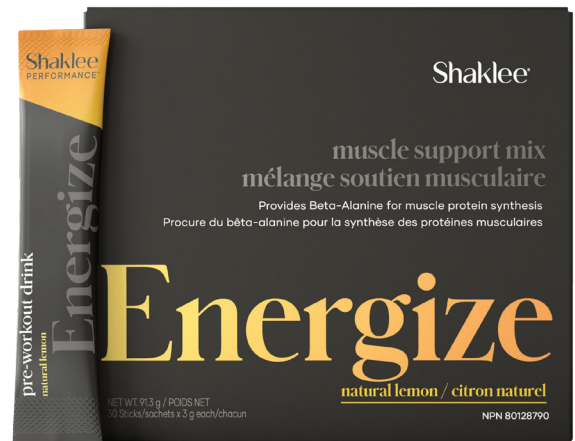
- That help fight against oxidative damage caused by free radicals

Source of Amino Acids

- Involved in muscle protein synthesis

Sharpens Focus

- L-theanine and caffeine which may help sharpen focus and help you push through⁵
- Delivered in a convenient stick pack – easily mixes into water or drink of choice on the go.
- Available in a Natural Lemon flavour.



Vegan



Kosher



Gluten Free



Non-GMO

Muscle Support Mix

Dosage: ADULTS: mix 1 stick (3 g) in enough liquid (water, juice, etc.) to ensure that the powder is drinkable immediately before consumption. Take once per day with food.

	Amount Per Stick (3 g)
Beta-Alanine	800 mg
Green tea (<i>Camellia sinensis</i>) leaf extract (60% caffeine, 2.43 mg catechins)	166.7 mg
L-Theanine (from Green tea leaf extract)	100 mg

NON-MEDICINAL INGREDIENTS: CANE SUGAR, CITRIC ACID, GUM ARABIC, LEMON FLAVOUR (NATURAL), MALTODEXTRIN, MEDIUM CHAIN TRIGLYCERIDES, MIXED TOCOPHEROLS CONCENTRATE, REBAUDIOSIDE M, SILICON DIOXIDE, TURMERIC.



FAQs

What ingredients are in the Muscle Support Mix?

The Muscle Support Mix is formulated with naturally occurring ingredients, including 100 mg caffeine from green tea extract, 100 mg L-theanine, and 800 mg beta-alanine.

Why is caffeine important?

Caffeine provides an energy boost, it does this by acting as an adenosine antagonist. Adenosine is a neurotransmitter that binds to specific receptors in the brain and makes us feel drowsy. Caffeine binds to the same receptors, blocking adenosine from working.

How much caffeine is in one serving of the Muscle Support Mix?

One serving of the Muscle Support Mix contains 100 mg of natural caffeine from green tea extract. One stick pack contains caffeine equivalent to about one cup of coffee.

What is beta-alanine?

Beta-alanine is an amino acid that is produced naturally in the body and is used to synthesize carnosine. Carnosine helps reduce acid that accumulates in the muscle. Carnosine is important because it delays the muscle fatigue that can result from the accumulation of acid.⁶⁻⁹

How are the ingredients beneficial?

Muscle fatigue can affect your movement. One of the causes of muscle fatigue is the build-up of acid in your muscles. Beta-alanine increases carnosine production, and carnosine helps regulate acid build-up to help delay muscle fatigue.⁶⁻⁹

How does L-theanine sharpen focus?

L-theanine is an amino acid that increases alpha waves in the brain. Alpha waves are produced in the brain of an individual during a relaxed state. Alpha wave activity is associated with improved concentration, cognitive function, and increased alertness.¹⁰

Does the Muscle Support Mix have a flavour?

The Muscle Support Mix has a natural lemon flavour.

Can I use the Muscle Support Mix with Energy Chews and Energizing Tea?

Because all of these products contain caffeine, please use only one product at a time. Do not use these products if you are sensitive to caffeine, pregnant, or nursing.

What's the best way to drink Muscle Support Mix?

We recommend mixing 1 stick in 236 mL (8 oz) of water or your drink of choice. Take with food.

How many stick packs can I take a day?

Healthy adults should have no more than 200 mg of caffeine. Mix 1 stick (3 g) in enough liquid (water, juice, etc.) to ensure the powder is drinkable immediately before consumption. Take once per day with food. For use beyond 12 weeks, consult a health care practitioner.

Is it safe to use Muscle Support Mix if I am currently taking medications or have a medical condition?

Consult with your physician before using the Muscle Support Mix if you have a medical condition, are taking a prescription medication, or are concerned about how you will react to the drink.

FAQs (continued)

Can this product be used when pregnant or nursing?

The Muscle Support Mix is not recommended for use by pregnant or nursing women or those sensitive to caffeine as one stick pack contains 100 mg of caffeine.

Can this product be used by children?

The Muscle Support Mix is formulated for adults and is not recommended for use by children under the age of 18.

I felt a tingling sensation when I took the Muscle Support Mix. Should I be concerned?

While not everyone will experience tingling, this sensation is a common side effect of beta-alanine that can last for up to an hour. There is no evidence to suggest that this tingling is harmful in any way.⁴

Is Muscle Support Mix vegan?

Yes.

Is Muscle Support Mix Star-K Kosher certified?

Yes.

Is Muscle Support Mix gluten free, soy-free, dairy-free, and non-GMO?

Yes.

References

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