

Product Description	
Ingredients List	<p>INGREDIENTS: Carb Matrix (Maltodextrin, Dextrose monohydrate, Fructose), Protein Matrix [Whey protein concentrate (Milk), Soya protein isolate, Milk protein isolate, Egg albumen, Calcium caseinate (Milk)], Cocoa powder, Creatine monohydrate, Flavouring, Thickeners (Guar gum, Xanthan gum), Starch, L-Glycine, Shortening powder (Milk), β-Hydroxy β-methylbutyric acid (HMB), Beta-alanine, Branched Chain Amino Acids (BCAAs) powder 2:1:1, Tri-calcium phosphate, Magnesium lactate, Tripotassium citrate, Stabiliser (Cellulose gum), Sodium chloride, Taurine, Sweeteners (Sucralose, Acesulfame-K), L-Glutamine, Avena sativa (Gluten), Vitamin blend (Ascorbic acid, Pteroyl-l-glutamate, D-alpha tocopherol, Nicotinamide, D-calcium pantothenate, Riboflavin, Pyridoxine hydrochloride, Thiamin hydrochloride, Retinyl palmitate, Methylcobalamine, Biotin, Cholecalciferol), Glutamine peptide (Gluten), Anti-caking agent (Silicon dioxide), Zinc bisglycinate, Tolerase™L (pH-stable lactase).</p>
Allergen Statement	<p>ALLERGENS: Ingredients indicated in bold. Whey may contain traces of soya protein (from lecithin).</p>
Net Quantity	<p>2kg</p>
Storage Instructions	<p>KEEP THIS PRODUCT IN A COOL, DRY PLACE OUT OF REACH OF CHILDREN</p>
Instructions for Use	<p>Add \pm3 heaped scoops to 500-600ml of cold water. Use a blender or hand held shaker for about 30 seconds. Have 1 to 2 servings daily (servings may be halved).</p> <p>IMPORTANT:</p> <p>Persons under 80kg's - Have 2 servings per day for the first 5 days and only 1 serving per day thereafter.</p> <p>Persons over 80kg's - Have 2-3 servings per day for the first 5 days and 1-2 servings per day thereafter.</p>
Origin/Provence	<p>Manufactured in Belgium</p>

Nutritional Information

NUTRITIONAL INFORMATION

Serving size: ±3 heaped scoops (150g) (FR) Portion: ±3 cuillères pleines (150g) (SL) Odmerek: ±3 zvrhane merice (150g) (GR) Μέγεθος μερίδας: ±3 μεζούρες (150g)
 Approx. servings per container: 13 (FR) Approx. doses par emballage: 13 (SL) Povprečno št. odmerkov na pakiranje: 13 (GR) Μερίδες κατά προσέγγιση ανά συσκευασία: 13

	PER 100g	% RI*	PER 150g	% RI*
ENERGY / ENERGIE / ENERGIJSKA VREDNOST / ΕΝΕΡΓΕΙΑ	1593kJ (376kcal)	19	2390kJ (564kcal)	28
FAT / GRAISSE / MAŠČOBE / ΛΙΠΗ OF WHICH SATURATES / DONT SATURES / OD TEGA NASIČENE / ΕΚ ΤΩΝ ΟΠΟΙΩΝ ΚΟΡΕΣΜΕΝΑ	2.2g 1.4g	3 7	3.2g 2.1g	5 10
CARBOHYDRATE / GLUCIDES / OGLJIKOVI HIDRATI / ΥΔΑΤΑΝΘΡΑΚΕΣ OF WHICH SUGARS / DONT SUCRE / OD TEGA SLADKOR / ΕΚ ΤΩΝ ΟΠΟΙΩΝ ΣΑΚΧΑΡΑ	51g 17g	20 19	77g 26g	29 29
FIBRE / FIBRES ALIMENTAIRES / VLAKNINE / ΙΝΕΣ	2.4g		3.6g	
PROTEIN / PROTÉINES / BELJAKOVINE / ΠΡΩΤΕΪΝΗ	36g	73	55g	109
SALT / SEL / SOL / ΑΛΑΤΙ	0.7g	12	1.0g	17
VITAMINS & MINERALS / VITAMINES & MINÉRALES / VITAMINI & MINERALI / ΒΙΤΑΜΙΝΕΣ & ΜΕΤΑΛΛΑ				
VITAMIN A / VITAMINE A / VITAMIN A / ΒΙΤΑΜΙΝΗ Α	150µg	19	224µg	28
VITAMIN D / VITAMINE D / VITAMIN D / ΒΙΤΑΜΙΝΗ D	0.8µg	16	1.2µg	24
VITAMIN E / VITAMINE E / VITAMIN E / ΒΙΤΑΜΙΝΗ Ε	3.2mg	26	4.8mg	40
VITAMIN C / VITAMINE C / VITAMIN C / ΒΙΤΑΜΙΝΗ C	31mg	39	47mg	58
THIAMIN / THIAMIN / TIAMIN / ΘΕΙΑΜΙΝΗ	0.9mg	81	1.3mg	122
RIBOFLAVIN / RIBOFLAVIN / RIBOFLAVIN / ΡΙΒΟΦΛΑΒΙΝΗ	1.0mg	72	1.5mg	108
NIACIN / NIACIN / NIACIN / ΝΙΑΣΙΝΗ	9.1mg	57	14mg	85
VITAMIN B6 / VITAMINE B6 / VITAMIN B6 / ΒΙΤΑΜΙΝΗ Β6	0.8mg	58	1.2mg	88
FOLIC ACID / ACIDE FOLIQUE / FOLNA KISLINA / ΦΟΛΙΚΟ ΟΞΥ	100µg	50	150µg	75
VITAMIN B12 / VITAMINE B12 / VITAMIN B12 / ΒΙΤΑΜΙΝΗ Β12	0.4µg	16	0.6µg	24
BIOTIN / BIOTIN / BIOTINE / ΒΙΟΤΙΝΗ	7.4µg	15	11µg	22
PANTOTHENIC ACID / ACIDE PANTOTHÉNIQUE / PANTOTENSKA KISLINA / ΠΑΝΤΟΘΕΝΙΚΟ ΟΞΥ	1.9mg	32	2.8mg	47
POTASSIUM / POTASSIUM / KALIJ / ΚΑΛΙΟ	284mg	14	427mg	21
CALCIUM / CALCIUM / KALCIJ / ΑΣΒΕΣΤΙΟ	478mg	60	717mg	90
PHOSPHORUS / PHOSPHORUS / FOSFOR / ΦΩΣΦΟΡΟΣ	253mg	36	379mg	54
MAGNESIUM / MAGNÉSIUM / MAGNEZIJ / ΜΑΓΝΗΣΙΟ	79mg	21	119mg	32
IRON / FER / ŽELEZO / ΣΙΔΗΡΟΣ	3.4mg	24	5.1mg	37
ZINC / ZINC / CINK / ΨΕΥΔΑΡΓΥΡΟΣ	1.7mg	17	2.5mg	25
COPPER / CUIVRE / BAKER / ΧΑΛΚΟΣ	0.1mg	14	0.2mg	22
AMINO ACIDS AND OTHER (ADDED) / ACIDES AMINÉS ET AUTRES (AJOUTÉS) / AMINOKISLINE IN DRUGO / AMINOΞΕΑ ΚΑΙ ΆΛΛΑ (ΠΡΟΣΘΕΤΑ)				
CREATINE / CREATINE / KREATIN / ΚΡΕΑΤΙΝΗ	3.4g		5.0g	
L-GLYCINE / L-GLYCINE / L-GLICIN / Λ-ΓΛΥΚΙΝΗ	0.8g		1.1g	
BETA-ALANINE / BETA-ALANINE / BETA-ALANIN / ΒΗΤΑ-ΑΛΑΝΙΝΗ	0.7g		1.0g	
HMB / HMB / HMB / HMB	0.7g		1.0g	
TAURINE / TAURINE / TAVRIN / ΤΑΥΡΙΝΗ	0.3g		0.4g	
L-GLUTAMINE / L-GLUTAMINE / L-GLUTAMIN / Λ-ΓΛΟΥΤΑΜΙΝΗ	0.2g		0.3g	
GLUTAMINE PEPTIDE / GLUTAMINE PEPTIDE / GLUTAMIN PEPTID / ΠΕΠΤΙΔΙΑ ΓΛΟΥΤΑΜΙΝΗΣ	33mg		50mg	
AVENA SATIVA (GREEN OATS) / AVENA SATIVA (AVOINE VERT) / AVENA SATIVA (DUMJI OVES) / ΑΒΕΝΑ Η ΕΛΑΩΛΜΗ (ΓΡΑΣΙΝΗ ΒΡΟΜΗ)	67mg		100mg	
TOLERASE™ L (LACTASE) / TOLERASE™ L (LACTASE) / TOLERASE™ L (LAKTAZA) / TOLERASE™ L (ΛΑΚΤΑΣΗ)	1000µg		1500µg	

*Reference Intake of average adult (8400kJ/2000kcal) (FR) *Reference moyenne par adulte (8400kJ/2000kcal) (SL) *Referenčna vrednost za vnos za povp. odraslo osebo (8400kJ/2000kcal) (GR) *RI=ΠΑ: Πρόσληψη Αναφοράς ενός μέσου ενήλικα (8400kJ/2000kcal)

AMINO ACID PROFILE (g/150g) (Total of Intrinsic and added) (FR) Profil des acides aminés (g/150g) (SL) Aminokislinski profil (g/150g) (GR) Προφίλ Αμινοξέων (g/150g) (Σύνολο εγγενών και πρόσθετων)

ALANINE / ALANINE / ALANIN / ΑΛΑΝΙΝΗ	1.938	LYSINE** / LYSINE** / LIZIN** / ΛΥΣΙΝΗ**	3.353
ARGININE / ARGININE / ARGININ / ΑΡΓΙΝΙΝΗ	2.304	METHIONINE** / METHIONINE** / METIONIN** / ΜΕΘΙΟΝΙΝΗ**	0.767
ASPARTIC ACID / ACIDE ASPARTIQUE / ASPARTICNA KISLINA / ΑΣΠΑΡΤΙΚΟ ΟΞΥ	4.941	PHENYLALANINE** / PHENYLALANINE** / FENILALANIN** / ΦΑΙΝΥΛΑΛΑΝΙΝΗ**	1.848
CYSTINE / CYSTEINE / CYSTINE / CYSTÉINE / CISTIN / CISTEIN / ΚΥΣΤΙΝΗ/ΚΥΣΤΕΪΝΗ	1.007	PROLINE / PROLINE / PROLIN / ΠΡΟΛΙΝΗ	2.477
GLUTAMINE / GLUTAMIC ACID / GLUTAMIQUE / GLUTAMINE / GLUTAMIN / GLUTAMINSKA KISLINA / ΓΛΟΥΤΑΜΙΝΗ/ ΓΛΟΥΤΑΜΙΝΙΚΟ ΟΞΥ	8.061	SERINE / SERINE / SERIN / ΣΕΡΙΝΗ	2.471
GLYCINE / GLYCINE / GLICIN / ΓΛΥΚΙΝΗ	2.436	THREONINE** / THREONINE** / TREONIN** / ΘΡΕΟΝΙΝΗ**	2.127
HISTIDINE** / HISTIDINE** / HISTIDIN** / ΙΣΤΙΔΙΝΗ**	1.136	TRYPTOPHAN** / TRYPTOPHAN** / TRIPTOFAN** / ΤΡΥΠΤΟΦΑΝΗ**	0.755
ISOLEUCINE*** / ISOLEUCINE*** / IZOLEUCIN*** / ΙΣΟΛΕΥΚΙΝΗ***	2.400	TYROSINE / TYROSINE / TIROZIN / ΤΥΡΟΣΙΝΗ	1.448
LEUCINE*** / LEUCINE*** / LEUCIN*** / ΛΕΥΚΙΝΗ***	4.595	VALINE*** / VALINE*** / VALIN*** / ΒΑΛΙΝΗ***	2.501

Essential Amino Acids (EAA) ^Branched Chain Amino Acids (BCAAs) / **Acides Aminés Essentiels (AAEs) ^Acides aminés ramifiés (BCCA) / **Essencialne aminokisliline (EAA) ^Aminokisliline z razvejano verigo (BCAA) / *Απορρήττα Αμινοξέα (BCCA) ^Διακλαδισμένης αλυσίδας Αμινοξέα (BCCA)

Nutrition Claims

- USN MUSCLE FUEL ANABOLIC has been engineered by a passionate team of scientists with their focus on muscle growth and maintenance. At USN we're proud to present this powerful muscle shake that is unsurpassed in potency and quality.
- USN MUSCLE FUEL ANABOLIC is a convenient, tasty shake available in a variety of flavours and perfect for any time of the day or night
- ADVANCED INGREDIENTS WITH CREATINE, FREE-FORM AMINO ACIDS, AVENA SATIVA & TOLERASE™ L
- DELIVERS 55g PROTEIN FROM 5 HIGH QUALITY SOURCES WITH A WIDE SPECTRUM OF AMINO ACIDS

Health Claims

- 55g Protein Matrix per serving. Protein supports lean muscle growth & maintenance

	<ul style="list-style-type: none"> • Creatine, at the levels provided by this product, increases physical performance in successive bursts of short-term, high intensity exercise (when taken in dosages of at least 3g per day, as with 1 serving of this product) • Magnesium contributes to normal energy-yielding metabolism, as well as normal protein synthesis. • Vitamin B6 contributes to normal protein and glycogen metabolism. It further supports the regulation of hormonal activity. • Zinc supports normal metabolism of fatty acids, and the maintenance of normal testosterone levels in the blood. Calcium contributes to normal muscle function. • Folate contributes to normal amino acid synthesis. • Pantothenic acid supports the reduction of tiredness and fatigue. • Vitamin B12 contributes to the normal function of the immune system. • Vitamin E & Riboflavin support the protection of cells from oxidative stress. • Biotin contributes to normal macronutrient metabolism. • Vitamin C contributes to normal collagen formation for the normal function of cartilage. • Contains Tolerase™ L pH-stable lactase. Lactase enzyme improves lactose digestion in individuals who have difficulty digesting lactose.
Marketing Claims	Tolerase™ is a Trademark of DSM
Warnings	<p>IMPORTANT NOTICE: Do not combine Muscle Fuel Anabolic with any other creatine supplement and do not exceed the recommended daily intake. As with all supplementation, please consult a doctor prior to use of this product (especially if you have a medical condition). Not suitable during pregnancy, lactation, or if under the age of 18. This product should not replace a varied, balanced diet and healthy lifestyle. Tolerance to lactose is variable - please seek advice as to the role of this product in your diet</p>