



Michele takes the following Max Muscle products:

Full Nutrition Plan - this plan is very specific and helps Michele get the right amounts of protein, carb and fats. Scott (Certified Nutrition Coach) is working with Michele to make sure she has a nutrition plan to meet her needs.

<http://www.qcmaxmuscle.com/services.html>

THE CORE 4

Max Triple Whey - This is THE BEST tasting protein in the Max arsenal. It is a blend of Whey peptides, isolates and concentrate. If you have trouble digesting protein Triple Whey has digestive enzymes included right in the blend.

http://www.qcmaxmuscle.com/pds/PROTEIN/MaxTripleWhey_PDS.pdf

Concentrated Omega 3 fatty acids - every cell in your body contains omega 3 essential fatty acids. It is good for heart health, helps reduce inflammation and a myriad of other benefits.

http://www.qcmaxmuscle.com/pds/Max_EFA_PDS.pdf

Max Glutamine - Glutamine is the main amino acid in our bodies. It is great for muscle recovery and repair. It also has benefits for the immune system as well as spiking Growth Hormone levels.

http://www.qcmaxmuscle.com/pds/GlutaMatrix_PDS.pdf

VitaCell - this is a fantastic Liquid vitamin. It is a combination of 60 vitamins and minerals in a very effective liquid delivery system to make sure you achieve maximum absorption.

http://www.qcmaxmuscle.com/pds/Vit-Acell_PDS.pdf

Fat Burning

Max ThermXX - This is our premier fat burner. It contains a thermogenic to help raise core temperature. A diuretic to help reduce excess water. Thyroid support to stimulate the thyroid and an appetite suppressant.

http://www.qcmaxmuscle.com/pds/ThermXX_PDS.pdf

Max Quadra Cuts Nighttime - This fat burner is non-stimulating and also has valerian root and melatonin to help you relax and recover.

http://www.qcmaxmuscle.com/pds/QuadraCuts_Nighttime_PDS.pdf

CLA - This is a non-stimulating product that helps Michele better process her own fat for energy.

http://www.qcmaxmuscle.com/pds/Max_CLA_PDS.pdf

Femme Lean and Balance - Is a great new product that contains a patented product called SlimaLuma. This product has some great science as an appetite suppressant as well as good data supporting waist hip ratio improvements. Also Soy isoflavones are employed in this product to help in regulating female hormone balance.

http://www.qcmaxmuscle.com/Femme_Lean_PDS.pdf

**If you are interested in getting in better shape come on in and talk to us.
We can help.**

309-235-7336

Scott Herkes

Max Muscle Certified Sports Nutrition Specialist