

ITRX



Intense Training Nighttime Recovery Complex[†]

ITRX PM provides a totally unique combination of vitamins, minerals, herbs and nutrients to enhance your recovery and repair processes while your body is at rest. Sleep is critical to letting your body rest and repair. Your training will suffer if you don't recover after each and every workout. There is no other formula like **ITRX PM** on the market to help you improve recovery while at rest.

GABA (Gamma Aminobutyric Acid) is required as an inhibitory neurotransmitter inducing tranquility and relaxation. GABA is used as a sexual stimulant because of its relaxing properties and since it also assists in the release of sex hormones.

OKG (Ornithine Alpha-Ketoglutarate) assists in protein retention, wound repair, and immune function partly by increasing levels of growth-promoting (anabolic) hormones such as insulin and growth hormone.

The well-known night time supplement ZMA[®] is included for healthy hormonal production. ZMA[®] is vitamin-mineral formula containing highly bioavailable forms of zinc and magnesium, including zinc l-monomethionine (L-OptiZinc[®]). Vitamin B-6 is added to further enhance zinc and magnesium absorption and utilization. ZMA[®] is a powerful non-steroidal, all-natural dietary supplement clinically tested to support free testosterone, total testosterone and insulin-like growth factor (IGF-1) levels, and muscle strength in training athletes.[†]

The Relaxation Blend contains the herbs Valerian, Chamomile, Hops, and Passion Flower known for their ability to help soothe and relax the body and mind. Valerian is used in the traditional medicine of many cultures as a mild sedative and to aid the induction of sleep. The major constituents of valerian root include sesquiterpenoids, valepotriates, bornyl acetate and valerenic acid. Valerenic acid has been shown to inhibit enzyme-induced breakdown and the inhibition of reuptake of the inhibitory neurotransmitter gamma-aminobutyric acid in the brain. Basically this means that the brain chemical GABA can last longer and lead to sedation. So the combination of GABA and Valerian in **ITRX PM** is useful in the support of sleep induction and hormone production.[†]

Chamomile is commonly used for its soothing effects and ability to support normal tone in the digestive tract. Chamomile has long been used as an after-meal and bedtime drink for relaxation and sleep.

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Your assurance of quality[®]

1641 S. Sinclair Street • Anaheim, California 92806 • 714.456.0700 • 714.456.0727 fax

www.maxmuscle.com



Size: 90 Capsules
Serving Size: Two (2) Capsules
Servings Per Container: 45

KEY FEATURES

- Proprietary Growth Hormone Support Blend[†]
- Proprietary Relaxation Blend[†]
- ZMA Hormone Support Blend[†]

KEY MESSAGES

- GABA (Gamma Aminobutyric Acid) is an inhibitory neurotransmitter inducing tranquility and relaxation[†]
- GABA is used as a sexual stimulant supporting the release of sex hormones[†]
- OKG (Ornithine Alpha-Ketoglutarate) supports protein retention and wound healing[†]
- OKG supports immune function[†]
- ZMA[®] supports free testosterone, total testosterone, IGF-1, and muscle strength in training athletes[†]
- Valerian acts as a mild sedative to aid in falling sleep[†]
- Valerenic acid inhibits breakdown and reuptake of GABA in the brain leading to sedation[†]
- Chamomile has soothing effects and supports normal tone in the digestive tract[†]
- Chamomile has long been used as an after-meal and bedtime drink for relaxation and sleep[†]
- Passion Flower is a folk remedy for anxiety and may have aphrodisiac properties[†]

TARGET MARKET

Primary: Men and Women seeking improved recovery and repair and better sleep.

Secondary: Those who are interested in Growth Hormone Support and better sleep.

RECOMMENDED STACK

- | | |
|----------------------|---------------|
| • Max Lean Protein | • ThermXX |
| • ThyRX | • EnerX |
| • Vit-Acell | • Max EFA |
| • SuppreX | • Max Pro |
| • Max CLA | • High 5 |
| • Full Blown Extreme | • Max Gourmet |

Extreme Series ITRX 90 Capsules

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Serving Size: Two (2) Capsules
Servings Per Container: 45

Supplement Facts

Serving Size: Two (2) Capsules Servings Per Container: 45

	Amount Per Serving	%DV*
ZMA Blend*		
B6 (as pyridoxine hydrochloride)	1 mg	50%
Magnesium (from magnesium aspartate)	37 mg	9%
Zinc (from zinc monomethionine and zinc aspartate)	2.5 mg	17%
Proprietary Essential Blend	1.2 g	**
Gamma Aminobutyric Acid (GABA), Ornithine Alpha-Ketoglutarate (OKG)		
Proprietary Relaxation Blend	193 mg	**
Valerian Root (Valeriana officinalis), Chamomile (Matricaria recutita), Hops (Humulus Lupulus), Melatonin, Passion Flower (Passiflora incarnata)		

*Percent Daily Values are based on a 2,000 calorie diet.
**Daily value not established.

DIRECTIONS: As a dietary supplement test your tolerance by taking one (1) capsule 30 minutes before bed on the first night of use. If well tolerated take two (2) capsules the next night. You can take up to three (3) or four (4) capsules before bed after assessing your tolerance. Drink with enough water to swallow the capsules. May be taken with or without food. DO NOT EXCEED FOUR (4) CAPSULES DAILY.

OTHER INGREDIENTS: Gelatin, Rice Powder, Magnesium Stearate.

**KEEP OUT OF REACH OF CHILDREN.
STORE IN A COOL, DRY PLACE AWAY FROM MOISTURE AND SUNLIGHT. ALWAYS KEEP TIGHTLY SEALED.**

Allergy Information: Contains Lecithin (soy). Manufactured in a facility that processes milk, egg, fish, shellfish, tree nuts, wheat and soy.

To report any adverse events call 1-800-332-1088.

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Passion Flower is a plant native to North America, found mostly in the Midwest and Southeast. Passionflower has been used as folk remedy to treat anxiety. Recently rodent studies have found that extracts of passion flower had aphrodisiac properties as well. Passion flower is helpful in some people in reducing restlessness, anxiety, and nervousness.

Melatonin is a hormone secreted by the pineal gland that aids biorhythm regulation (sleep and wake pattern). Biorhythm is disturbed by stress, crossing time zones and changing work shifts. Melatonin production declines with age. Vitamin B6 aids melatonin metabolism. Melatonin is the sleep hormone that also acts as a powerful antioxidant. It is melatonin that keeps the body clock working properly to help you get regular rest and sleep for proper recovery and repair.

The Max Muscle product development team uses only the highest quality ingredients to ensure maximum potency and optimize results. Make the most of your training efforts by using **ITRX PM** in combination with regular exercise and a proper nutrition plan. For maximized results try **ITRX PM** with other Extreme Series products from Max Muscle such as, **ThermX, ThyrX, SuppreX, DiurX, ThermXX** and **Full Blown Extreme**.†

Please read all warnings and directions before taking this product.

Consult a physician before starting any diet or exercise program.

†These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent disease.