



Product	MAXI MIZE		
Category	Protein Carbohydrate Supplement	Protein 39%	Carbs 44%
Size	2.42 lbs (1.1 kg)	4.84 lbs (2.2 kg)	9 lbs (4 kg)
Servings	10 Servings	20 servings	37 Servings
Serving Size	110 g	110 g	110 g
Flavour	Chocolate	6009650073864	6009650073833
Flavour			
Flavour			

Product Information

MAXI Mize has been formulated to supply the athlete with adequate carbohydrates to facilitate the uptake of protein and to supply sufficient glycogen to assist in recovery process. This combination is ideal for sports people that need a high quality protein blend together with a carbohydrate blend, supported by free amino acids, digestive enzymes, vitamins. This unique formula of **MAXI MIZE** rates low on the Glycemic index (GI) < 45, when prepared with fat free milk. You may also prepare your serving of Maxi Mize with water.

Unique Benefits & Features

- High Protein 43g per 110g serving
- Protein 39% / Carbohydrates 44%
- Very low Fat < 4%
- Very Low Lactose
- Highly Digestible
- High L-Arginine
- BCAA and Essential Amino Acids
- Added Glutamine Peptide
- No Preservatives
- Very Low GI (Glycemic Index)

Directions for use

Liquid Meal for Energy – Stamina – Recovery.

Use as low fat meal and as recovery meal within 30 min after exercise or event.

55g serving: Add 2 heaped scoops of **MAXI MIZE** to 400 ml of water (or skimmed milk) in shaker or blender, shake well and enjoy.

Liquid Meal for Energy – Power – Recovery.

Use as low fat meal 2 to 3 times daily and as recovery meal within 30 min after exercise or event.



110 g serving: Add 4 heaped scoops of **MAXI MIZE** to 400 ml of water (or skimmed milk) in shaker or blender, shake well and enjoy.

Notice

Consult with your healthcare professional for advice before taking any dietary supplement. Increase your daily water intake when using protein supplementation.

Storage

Close container firmly after use and store in a cool, dry place.

Ingredients

Protein (Whey Isolate, Whey Concentrate, Soy Isolate, Calcium Caseinate). **Carbohydrate:** Maltodextrin, Fructose, Dextrose. **Vitamins:** Vitamin A, Vitamin D, Vitamin E, Vitamin C, Thiamine (B1), Riboflavin (B2), Nicotinamide, Pyridoxine (B6), Folic Acid, Vitamin B12, Biotin, Pantothenic Acid. **Approved flavourants and colourants.** Stabilizer. Sodium Saccharin and Sodium Cyclamate (Non-nutritive sweeteners).

Nutritional Facts

Typical Amount per	55 g	RDA %	110 g
Energy	kj		1600 kj
	194 kcal		388 kcal
Total Carbohydrate	24 g		48 g
Total Protein	21 g		43 g
Total Fat	1.2 g		2.4 g
Sodium	335 mg		670 mg
Potassium	16 mg		33 mg
L-Arginine	675 mg		1 350 mg
Glutamine	3 370 mg		6 740 mg
Multi-Vitamins		50%	132 mg
Multi-Vitamin	66.67 mg per 35 g Serving		

Contact details

Bmax Investments (Pty) Ltd

**P. O. Box 985
Honeydew 2040
South Africa**

Customer Support:
(T) 011 794 8756
(F) 011 794 3437
e-mail: info@bmax.co.za
web: www.bmax.co.za
web: www.h2use.com

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