



INDIA'S LEADING  
SPORTS NUTRITION  
BRAND





# ABOUT

Welcome to Muscle Maintain, where fitness meets flavor! We believe in empowering your journey to a healthier, stronger you. At Muscle Maintain, we've crafted premium protein powders that not only fuel your workouts but also tantalize your taste buds. Our mission is to make your fitness routine enjoyable and effective. Packed with essential nutrients, our protein powders are the perfect companion for muscle recovery and growth. Join our community of fitness enthusiasts and let Muscle Maintain be your partner in achieving your wellness goals. Because here, we don't just build muscles; we build lifestyles. Welcome to a fitter, tastier you!







# RANGE OF PRODUCTS







# MAINTAIN WHEY PROTEIN



**2 KG**  
**₹7000**

## NUTRITIONAL FACTS

Serving Size : 1 Level scoops (33gms)	
Serving Per Container : 60	
Amount per serving	Qty. Per serving(approx.)
Energy value	125kcal
Protein	24g
Carbohydrate	3g
Added Sugar	0g
Added Fiber	3g
Fat	1g
Ashwagandha Extrate(withania somnifera)	300mg
<b>ANTIOXIDANTS</b>	
Grape seed Extract	250mg
Lycopene	70mg
<b>DIGESTIVE ENZYMES</b>	
Papain(papaya Enzyme)	60mg
Bromelain(Pineapple Enzyme)	40mg
<b>AMINO ACID PROFILE</b>	
L-Glutamine	2g
L-arginine	2.5g
BCAA	5g

\*Percent Daily Values are based on Recommended Daily Allowances as per Serving Size according to the Indian Council of Medical Research Guideline 2010.

### INGREDIENTS:

Whey Protein Isolate (Avonlack) (84%),L-Arginine, Preservative (E211)

**NOTICE :** WITH A PROPER NUTRITIOUS DIET AND AN APPROPRIATE PHYSICAL TRAINING OR EXERCISE PROGRAM, THIS PRODUCT IS NOT INTENDED TO DIAGNOSE TREAT, CURE OR PREVENT ANY DISEASE.

**Direction To use:** Mix 1 Level Scoop of Maintain Whey Protein With 200 ml of water. For extra calories have Muscle Whey Protein with milk. Stir and shake until the powder is dispersed and drink immediately. (Tastes best with chilled water or milk)

STORE IN A COOL & DRY PLACE. KEEP OUT OF THE REACH OF CHILDREN.

NOT TO EXCEED THE RECOMMENDED DAILY USAGE. CONTAINS ARTIFICIAL SWEETENER AND FOR CALORIE CONSCIOUS. NOT FOR MEDICINAL USE





# MUSCLE LEAN GAINER



**2.5 KG**  
**₹ 4500**

## NUTRITIONAL FACTS

Serving Size : 3 Level scoops (100gms)

Serving Per Container : 25

Amount per serving	Qty. Per serving(approx.)
Energy value	220kcal
Protein	40g
Carbohydrate	50g
Fat	3g
Sugar	1g
Creatine Monohydrate	3g
<b>ANTIOXIDANTS</b>	
Grape seed extract	75mg
Lycopene	45mg
Tribulus Terrestris	1000mg
<b>DIGESTIVE ENZYMES</b>	
Papain(papaya Enzyme)	40mg
Bromelain(Pineapple Enzyme)	40mg
<b>AMINO ACID PROFILE</b>	
L-Glutamine	3.5g
EAA	3.5g
L-Citruline	3g
Taurine	1g

\*Percent Daily Values are based on Recommended Daily Allowances as per Serving Size according to the Indian Council of Medical Research Guideline 2010.

### INGREDIENTS

Whey Protein Concentrate (AVONLACK) (70%), Maltodextrin (1%), L-Arginine, Sucralose (INS955).Amino acids and naturally occurred, Papain as digestive enzyme, Xanthan Gum (INS415), Sodium Benzoate (E211) as preservatives.

CONTAINS PRESERVATIVES AND FLAVOURING SUBSTANCES

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# MUSCLE MASS GAINER



**2.5 KG**  
**₹ 4000**

## NUTRITIONAL FACTS

Serving Size : 3 Level scoops (100gms)

Serving Per Container : 25

Amount per serving	Qty. Per serving(approx.)
Energy value	320kcal
Protein	28g
Carbohydrate	62g
Fat	4g
Sugar	1g
Creatine Monohydrate	3g
<b>ANTIOXIDANTS</b>	
Grape seed extract	75mg
Lycopene	45mg
<b>DIGESTIVE ENZYMES</b>	
Papain(papaya Enzyme)	40mg
Bromelain(Pineapple Enzyme)	40mg
<b>AMINO ACID PROFILE</b>	
L-Glutamine	3g
EAA	3g
Taurine	1g

\*Percent Daily Values are based on Recommended Daily Allowances as per Serving Size according to the Indian Council of Medical Research Guideline 2010.

CONTAINS NATURAL AND NATURE IDENTICAL FLAVOURING SUBSTANCES

**Direction to use :** Mix 3 Level scoops of Muscle Mass Gainer with 450 ML of water. Stir or shake until all powder is dissolved then drink immediately. for extra calories shake Muscle Gain with milk.

**INGREDIENTS :** Maltodextrin, Protein Matrix (Skimmed Milk Powder, Whey Protein Concentrate & whole milk powder), Sucrose, Corn Starch, Creatine Monohydrate, Sucralose Preservative(E211).

Not for Medicinal Use.

STORE IN A COOL & DRY PLACE. KEEP OUT OF THE REACH OF CHILDREN.

Contains artificial Sweetener and for the calorie conscious.

-Not recommended for children

**THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE OR PREVENT ANY DISEASE. NOT TO EXCEED THE RECOMMENDED DAILY USAGE.**





# MUSCLE WHEY PROTEIN



**2 KG**  
**₹ 6800**

## NUTRITIONAL FACTS

Serving Size : 1 Level scoops (33gms)	
Serving Per Container : 60	
Amount per serving	Qty. Per serving(approx.)
Energy value	135kcal
Protein	22g
Carbohydrate	4g
Added Sugar	0g
Added Fiber	2g
Fat	1g
Creatine	2g
Ashwagandha Extrate(withania somnifera)	400mg
<b>ANTIOXIDANTS</b>	
Grape seed Extract	200mg
Lycopene	50mg
<b>DIGESTIVE ENZYMES</b>	
Papain(papaya Enzyme)	50mg
Bromelain(Pineapple Enzyme)	50mg
<b>AMINO ACID PROFILE</b>	
L-Glutamine	2g
L-arginine	2g
BCAA	4g

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### INGREDIENTS:

Whey Protein Isolate (Avonlack) (84%),L-Arginine, Preservative (E211)

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**MUSCLE**<sup>TM</sup>  
MAINTAIN



SCAN ME



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