



CITRULLINE MALATE 2:1

- Help Improve Training Endurance and Intensity
- Support Muscle Recovery Post Workout

Citrulline Malate 2:1

CITRULLINE MALATE improves training intensity, endurance and speed of recovery. It performs this through 5 main functions:

1. Increases blood Arginine levels (gram for gram at double the level of Arginine).

Increases endothelial Nitric Oxide (NO) levels thereby improving vascular function and blood flow.

3. Improves kidney bicarbonate reabsorption providing a powerful buffer against increasing muscle acidification during intense training.

Detoxifies fatigued muscle tissue by removing ammonia (a toxin that can increase 3-fold during intense training).

5. Rapidly replenishes PCr (phospho-creatine) stores, PCr is a key storage of energy muscles tap into.



The fact is that most of the research on performance enhancement has been done on Citrulline Malate not just L-Citrulline powder on its own. Together with Malate, Citrulline has enhanced stability as a molecule and Malate has been shown in research to have the ability to play a role in Nitric Oxide production. Malate plays a key role in the TCA (or Tricyclic Acid) cycle (also known as the Krebs Cycle) that produces energy in the body. While it is true that Citrulline is the true “driver” of the two and that Malate is more prevalent in the body, so Citrulline Malate 2:1 provides the best of both worlds, stability and effectiveness.

Supplement Facts

Serving Size	1 Scoop (2 g)	
Servings Per Container	150	
Amount Per Serving	% Daily Value	
Citrulline Malate 2:1	2 g	†

† Daily Value not established.

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

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