

AMMO SELECTION + LOAD DATA GRID

Smith & Wesson M&P9 Shield Plus Performance Center

DEFENSIVE CARRY EDITION | GUNCARRIER.COM

This grid covers every commonly available defensive and training load for the M&P9 Shield Plus Performance Center. Ported barrel compatibility, verified feeding status, and carry verdicts are noted for each load. Use the decision tree on page 2 if you are unsure which load to carry.

SECTION 1 | DEFENSIVE CARRY LOADS

LOAD	BULLET WT	PRESSURE	MV EST. 3.1" BBL	PORTED COMPAT.	VERIFIED FEEDING*	CARRY VERDICT
Speer Gold Dot JHP	124 gr	Standard	~1,100 fps	YES	YES	CARRY
Speer Gold Dot JHP +P	124 gr	+P	~1,150 fps	YES	YES	CARRY
Federal HST JHP	124 gr	Standard	~1,100 fps	YES	LIKELY	CARRY
Federal HST JHP +P	124 gr	+P	~1,150 fps	YES	LIKELY	VERIFY
Federal Hydra-Shok JHP	124 gr	Standard	~1,050 fps	YES	YES	CARRY
Federal Punch JHP	124 gr	Standard	~1,090 fps	YES	YES	CARRY
SIG Sauer V-Crown JHP	124 gr	Standard	~1,050 fps	YES	YES	CARRY
Hornady Critical Defense FTX	115 gr	Standard	~1,140 fps	YES	LIKELY	VERIFY
Hornady Critical Duty FTX	135 gr	+P	~1,010 fps	YES	LIKELY	VERIFY
Winchester PDX1 Defender	124 gr	+P	~1,200 fps	YES	LIKELY	VERIFY
Remington Golden Saber JHP	124 gr	Standard	~1,020 fps	YES	LIKELY	VERIFY

CARRY = Confirmed or high-confidence feeding; recommended for defensive carry.

VERIFY = Run 50 rounds in your specific gun before trusting for carry.

* Verified feeding = documented in published reviews of the M&P9 Shield Plus PC. 'LIKELY' = documented in Shield Plus platform generally; confirm in your specific serial run. MV estimates are published 3.1" barrel figures; 4" barrel adds approximately 25-50 fps. Data sourced from manufacturer published specs and independent ballistics testing.

SECTION 2 | TRAINING LOADS

LOAD	BULLET WT	CASE TYPE	PORTED BARREL OK?	TRAINING VERDICT
Federal American Eagle FMJ	115 gr	Brass	YES	USE
Federal American Eagle FMJ	124 gr	Brass	YES	USE
Sellier & Bellot FMJ	115 gr	Brass	YES	USE
Sellier & Bellot FMJ	124 gr	Brass	YES	USE

LOAD	BULLET WT	CASE TYPE	PORTED BARREL OK?	TRAINING VERDICT
Winchester USA FMJ (White Box)	115 gr	Brass	YES	USE
PMC Bronze FMJ	115 gr	Brass	YES	USE
CCI Blazer Brass FMJ	115 gr	Brass	YES	USE
Steel-case (Wolf, TulAmmo)	115 gr	Steel	CAUTION	AVOID
Aluminum-case (Blazer Alum.)	115 gr	Alum.	CAUTION	AVOID
Plated bullets (any brand)	Any	Brass	NO	AVOID

Ported barrel note: Plated bullets are flagged by some manufacturers as incompatible with ported chambers. Brass-cased FMJ with a jacketed (not plated) projectile is the safe call. Steel-case and aluminum-case ammo are not recommended in any variant due to extraction stress and the potential for case damage in repeated cycling.

SECTION 3 | AMMO SELECTION DECISION TREE

Q1: Is your Shield Plus PC ported (not the Carry Comp)?

Yes: proceed to Q2. No (Carry Comp): plated bullets are still not recommended; brass-cased FMJ and jacketed hollow points only.

Q2: Is this ammo for carry or training?

Carry: use only jacketed hollow point (JHP) loads from the Defensive Grid above. Training: use brass-cased FMJ from the Training Grid. Never carry FMJ.

Q3: Is the load standard pressure or +P?

Standard pressure: preferred for the 3.1" barrel; adequate expansion at short-barrel velocities with modern JHP designs. +P: rated and acceptable, but adds wear; reserve for carry if you prefer higher velocity; use standard pressure for all training volume.

Q4: Have you confirmed feeding in your specific gun?

Required before carry commitment. Run a minimum of 50 rounds of your chosen carry load through your Shield Plus PC without a malfunction before trusting it for defensive carry. Different serial-number runs and variant-specific chamber dimensions can affect feeding.

Q5: Is this ammo plated (not jacketed)?

Avoid in ported variants. Plated bullets differ from jacketed hollow points: the plating process leaves material that some manufacturers flag as a risk in ported chambers. If your box says 'plated' rather than 'jacketed,' substitute a brass-cased FMJ for training or a true JHP for carry.

SECTION 4 | PRE-CARRY AMMO CHECKLIST

Before chambering your carry load, confirm every item below.

- Carry load is a jacketed hollow point (JHP), not FMJ and not plated.
- Carry load is NOT steel-cased or aluminum-cased.
- I have fired at least 50 rounds of my chosen carry load in this specific gun without a malfunction.
- My magazine is fully seated and the round count matches my chosen capacity (10+1 or 13+1).
- I am aware my ported barrel requires more frequent cleaning at training volume.
- I have a weapon light mounted or I have evaluated the porting trade-off for my carry context.
- I carry the same load I have trained with. I do not mix carry and training ammo.
- I store spare carry ammo sealed, away from heat and moisture.

DISCLAIMER: Muzzle velocity figures are estimated from published manufacturer data and independent chronograph testing. Actual performance varies by barrel length, temperature, lot number, and individual pistol. This grid does not constitute legal advice. Carry laws vary by jurisdiction. Always verify your local laws before carrying. This resource is for informational purposes only. GunCarrier.com makes no warranty as to the accuracy of third-party ballistics data reproduced here.

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