

MARKED™ provides the ultimate in performance nutrition for anyone who wants to achieve their health and fitness goals. Using only the highest quality ingredients and latest scientific research, the industry's top nutritional experts have developed the most innovative products designed to deliver optimal performance and results you can see and feel.

MASS GAINER is a unique combination of multi-phase protein, carbs and healthy fats designed to provide the perfect physique-building nutritional platform for adding lean muscle mass.

50 GRAMS **MULTI-PHASE PROTEIN COMPLEX**
WHEY PROTEIN CONCENTRATE, HYDROLYZED WHEY PROTEIN, CALCIUM CASEINATE, SOY PROTEIN ISOLATE, WHEY PROTEIN ISOLATE AND MILK PROTEIN CONCENTRATE

50g protein complex plus 700 nutrient-dense calories, ideal for creating a mass-building environment. This blend supplies fast-, medium- and slow-digesting proteins for sustained release.

10.85 GRAMS **ANABOLIC BLEND**
BCAA FROM ALL SOURCES (LEUCINE, ISOLEUCINE AND VALINE)

Over 10g of branched chain amino acids (BCAA) to fuel skeletal muscles, preserve muscle glycogen stores and help reduce the amount of protein breakdown.

Over 12.5 GRAMS **RECOVERY BLEND**
GLUTAMINE, GLUTAMIC ACID AND ARGININE (FROM ALL SOURCES)

Supplies powerful carbohydrate forms to your hungry muscles plus over 12.5g of glutamine, arginine and glutamic acid to replenish glycogen stores and enhance recovery during and post-workout.

*When used in conjunction with a resistance training program.

"Much of my success can be attributed to my dedication and hard work. I push myself to be the best, from acting to staying in my best shape possible. I'm committed to living a healthy and productive life and helping the people around me do the same. But even for me, finding trusted sports nutrition products was confusing, so I combined what I learned and what I was taking, and teamed up with leading experts to develop MARKED.™ This line is a game changer with amazing formulas people can trust." **MARK WAHLBERG**

A portion of the sales of MARKED™ will benefit the **MARK WAHLBERG YOUTH FOUNDATION.**

INFORMED CHOICE
www.informed-choice.org

Products bearing this logo have been tested for banned substances by HFL Sport Science, a world-class anti-doping lab. *Product was tested for over 145 banned substances on the 2012 World Anti-Doping Agency (WADA) Prohibited List via HFL skip lot testing protocol #ICP0307.

MARKED™

SCIENCE-BASED PERFORMANCE NUTRITION

MASS GAINER

- Packs on mass with 700 calories and an advanced 50g multi-phase protein matrix with critical muscle-building nutrients^
- Delivers a sustained supply of critical amino acids to fuel optimal anabolic effects for more lean muscle mass^
- Enhances recovery with quality carbohydrates plus over 12.5g glutamine, arginine & glutamic acid
- Delicious creamy taste — mixes instantly

GOURMET CHOCOLATE
NATURAL & ARTIFICIAL FLAVORS



40 oz (2.5 lbs) 1134 g



CODE 826334 ENG
Directions for Use: Mix four scoops (182 g) with 16 oz of cold water, milk or your favorite beverage. Consume 1-2 servings daily. Excellent post-workout and between meals on non-training days.

Nutrition Facts			
Serving Size Four Scoops (182 g)			
Servings Per Container 6			
Amount Per Serving			
Calories	700		
Calories from Fat	40		
		% Daily Value†	
Total Fat	4.5g		7%
Saturated Fat	2.5g		13%
Trans Fat	0g		
Cholesterol	105mg		35%
Sodium	270mg		11%
Potassium	1000mg		29%
Total Carbohydrate	115g		38%
Dietary Fiber	5g		20%
Sugars	6g		*
Protein	50g		
Vitamin A	1%	•	Vitamin C 1%
Calcium	22%	•	Iron 14%
* Daily Value not established.			
† Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat. Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Potassium		3500mg	3500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9	•	Carbohydrate 4	• Protein 4

INGREDIENTS: Maltodextrin, Protein Blend (Whey Protein Concentrate, Soy Protein Isolate, Hydrolyzed Whey Protein, Milk Protein Concentrate, Whey Protein Isolate, Calcium Caseinate), Cocoa Powder (Dutch Process), Natural and Artificial Flavors, Polydextrose, Ribose, Medium Chain Triglycerides, Lecithin, Sucralose.

CONTAINS: Milk and Soybeans.
NOTICE: Significant product settling may occur.
LGC Labs Tested & Certified Product.

Stack with the following MARKED™ products:

- Maximum Nutrition Daily Pack
- Pre-Workout Igniter
- Protein Bar or Shake



SCAN & LEARN MORE

Store in a cool, dry place.

For More Information:
1-866-214-2469

www.markednutrition.com

Manufactured for:
Nutra Manufacturing
Greenville, SC 29607

