

GNC Pro Performance® Mass XXX™ is GNC's first clinically studied mass builder. Serious athletes know that while trying to achieve muscle mass and strength gains, proper sports nutrition is a must. GNC Pro Performance® Mass XXX™ has proven this concept and has shown to increase lean mass, muscular strength and endurance with 40% fewer repetitions.* It also improves efficiency for strength, endurance and mass gains.* GNC Pro Performance® Mass XXX™ is the right nutrition formula to help you meet your nutritional needs and keep you fueled while working towards gaining muscle mass and strength.

●●● MASS
3 SETS + XXX™ = 5 SETS

EQUAL GAIN IN MASS, MUSCLE STRENGTH AND ENDURANCE*

* In an eight week randomized, double-blind, placebo-controlled study of healthy male volunteers, 18 subjects completed 3 sets resistance training (RT) daily + GNC Pro Performance® Mass XXX™, and 16 subjects performed 5 sets RT daily with no supplement. After eight weeks, subjects on GNC Pro Performance® Mass XXX™ showed equal gains in body weight, fat free mass (FFM), maximal muscle strength (MMS) and muscle endurance (ME) with only 3 sets RT per day compared to the control group who completed 5 sets RT per day.

While working to achieve mass gains, it is essential that you get enough calories, including a balance of quality carbohydrates, protein and fat. Falling short on any of these nutrients can obstruct your performance goals. This special blend of carbohydrates includes 83% complex carbohydrates (maltodextrin and fiber) and only 17% sugar.** Each serving of this highly specialized sports formula boasts 66 grams of quality protein, 146 grams of carbohydrates and 990 calories when mixed with 2% milk. It also features a blend of essential fatty acids including some healthy unsaturated fats, medium chain triglycerides (MCTs) which are quickly absorbed for energy, and no trans fats. This combination of protein, carbs and fat help to provide the extra-calories that you need to put on the added pounds that you want.

GNC Pro Performance® Mass XXX™ supplies key amino acids such as arginine and the Branched Chain Amino Acids (BCAA); isoleucine, leucine and valine. Amino Acids are needed to build the various proteins used in the growth, repair and maintenance of body tissues such as skin, bones and muscle. BCAA help fuel your skeletal muscles, preserve muscle glycogen stores and help to reduce the amount of protein breakdown. Adding BCAA to your diet can be anti-catabolic and have a protein-sparing effect. Arginine is an essential precursor of nitric oxide and is involved in the body's natural formation of creatine.

In addition, GNC Pro Performance® Mass XXX™ contains a special blend of carbohydrates, the body's primary source of energy. Carbohydrates are an important fuel during intense or high intensity exercise. Carbohydrates also replenish energy stores after high intensity exercise. Furthermore, the combination of dietary protein with carbohydrates following resistance exercise supports muscle protein synthesis.

TYPICAL AMINO ACID PROFILE PER SERVING:

Alanine	2151mg	Lysine	4106mg
Arginine	1673mg	Methionine	1058mg
Aspartic Acid	5048mg	Phenylalanine	1960mg
Cystine	993mg	Proline	3099mg
Glutamine	8877mg	Serine	2549mg
Glycine	1068mg	Threonine	2877mg
Histidine	1113mg	Tryptophan	937mg
Isoleucine†	2892mg	Tyrosine	1733mg
Leucine†	4968mg	Valine†	2898mg

† Indicates Branched Chain Amino Acid (BCAA) Total 50000mg

GNC PRO PERFORMANCE®

MASS
XXX™

ULTIMATE LEAN MASS BUILDER



PROVIDES 66 GRAMS OF QUALITY PROTEIN
WITH 990 CALORIES*

CLINICALLY PROVEN TO BUILD MUSCLE MASS
WITH 40% FEWER REPS*

INCLUDES A BLEND OF AMINO ACIDS AND
MEDIUM CHAIN TRIGLYCERIDES FOR ENERGY



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DIRECTIONS: Mix 4 level scoops (198g) with 16 ounces of cold water or milk. Consume 1-2 servings daily.

Nutrition Facts

Serving Size Four Level Scoops (198g)
Servings Per Container 14

Amount Per Serving	4 level scoops*	4 level scoops**
Calories	750	990
Calories from Fat	50	140

% Daily Value†

Total Fat	6g	9%	23%
Saturated Fat	4g	20%	50%
Trans Fat	0g		

Cholesterol	110mg	37%	49%
Sodium	620mg	26%	36%
Potassium	1350mg	39%	60%
Total Carbohydrate	124g	41%	49%
Dietary Fiber	4g	16%	16%
Sugars	20g		

Protein	50g		
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Vitamin A	0%	20%
Vitamin C	0%	6%
Calcium	40%	100%
Iron	30%	30%

* Mixed with 2 cups of water.

** Mixed with 2 cups of 2% reduced fat milk. Two cups of reduced fat milk provides an additional 240 calories, 9g total fat (6g saturated fat), 36mg cholesterol, 250mg sodium, 750mg potassium, 23g total carbohydrate (23g sugars), and 16g protein.

† Percent Daily Values are based on a 2000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:

	Calories:	2000	2500
Total Fat	Less than	65 g	80 g
Sat. Fat	Less than	20 g	25 g
Cholesterol	Less than	300 mg	300 mg
Sodium	Less than	2400 mg	2400 mg
Potassium		3500 mg	3500 mg
Total Carbohydrate		300 g	375 g
Dietary Fiber		25 g	30 g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: Maltodextrin, Protein Blend (Whey Protein Concentrate, Calcium Caseinate, Soy Protein Isolate), Cocoa (Processed with Alkali), Natural and Artificial Flavor, Medium Chain Triglycerides, Lecithin, Salt, Acesulfame Potassium, Sucralose.

CONTAINS: Milk and Soybeans.

NOTICE: Use this product as a food supplement only. Do not use for weight reduction. Significant product settling may occur.

Store in a cool, dry place.

For More Information:
1-888-462-2548
SHOP NOW @ GNC.COM
Distributed by:
General Nutrition Corporation
Pittsburgh, PA 15222

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