

Serious athletes are aware that while trying to achieve muscle mass and strength gains, proper sports nutrition is a must. While striving for such 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. Pro Performance® Mass XXX™ is the right nutrition drink to help you meet your nutritional needs and keep you fueled while working towards gaining muscle mass and strength.

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 and 146 grams of carbohydrates 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.

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, nance 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, 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:

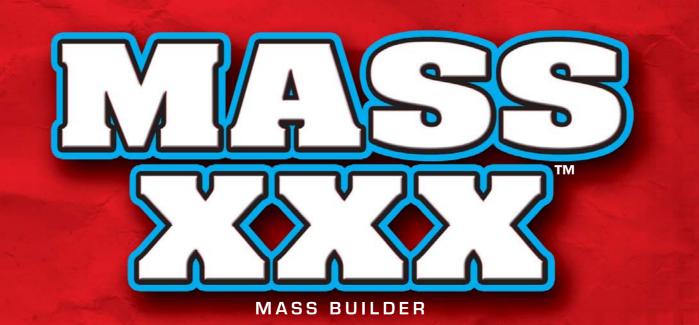
Alanine	 2151mg	Lysine	4106mg
Arginine	1673mg	Methionine	1058mg
Aspartic Acid	5048mg	Phenylalanine	1960mg
Cystine	993mg	Proline	3099mg
Glutamine	8877mg	Serine	2549mg
Glycine	1068mg	Threonine	2877mg
Histidine	1113mg	Tryptophan	937mg
Isoleucine†	2892mg	Tyrosine	1733mg
Leucine†	4968mg	Valine†	2898mg
4 Indicates Duoushad Chain Amina Asid (DCAA)		Total	50000mg

General Nutrition Corporation Pittsburgh, PA 15222 MADE IN THE USA

-888-462-2548

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PRO PERFORMANCE®





PROVIDES 50 GRAMS OF QUALITY PROTEIN

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

GREAT SOURCE OF KEY AMINO ACIDS

NET WT 6 LB (96.1 OZ) 2730 G

DIRECTIONS: Mix 1 heaping scoop (195g) with 16 ounces of cold water or milk. Consume 1-2 servings daily.

Nutrition Facts Serving Size One Heaping Scoop (195g) Servings Per Container 14 1 heaping scoop* 1 heaping scoop* Calories from Fat % Daily Value† **Fotal Fat** 5g 8% 22% Saturated Fat 3g Trans Fat 0g cholesterol 110m Sodium 550mg 23% 33% 47% Potassium 880m Total Carbohydrate 1 49% 41%

0%

	Vitamin A	0%	20%	
	Vitamin C	0%	6%	
	Calcium	40%	100%	
	Iron	10%	10%	
	* 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:			

Values may be higher	or lower depending (on your ca l orie	needs:
	Calories:	2000	250
Total Fat	Less than	65 g	80
Sat. Fat	Less than	20 g	25
Cholesterol	Less than	300 mg	300 m
Sodium	Less than	2400 mg	2400 m
Total Carbohydrate		300 g	375
Dietary Fiber		25 g	30
Calories per gram:			
Fat 9 •	Carbohydrate 4	•	Protein

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

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

KEEP OUT OF REACH OF CHILDREN Store in a cool, dry place.

Dietary Fiber Od Sugars 20g

rotein 50a