

	Amplified Mass XXX™	Typical Mass Gainer
Clinically Proven Foundation of Carbs, Proteins and Fats	✓	No
Improves Mass with 40% Fewer Sets*	✓	No
Tri-MG Infusion™ with Betaine and HMB	✓	No
Micronized Amino Acids with MicroSorb™ Amino Technology	✓	No
Creatine Matrix Blend	✓	No

The Proof is in the Pounds!

Get Your Muscle On

A university study has proven that the ratio of macronutrients in Amplified Mass XXX™ can help you increase lean muscle mass and improve strength and stamina with 40% fewer sets.* That means you get the same results with three sets of resistance training as non-users get with five sets.*

Add More Performance

Studies show that betaine supports athletic performance.*

Enhance Your Results

Furthermore, over 500 research studies confirm that creatine can safely and effectively improve gains in muscle mass and athletic performance when combined with regular exercise.*

AMPLIFIED 3 SETS + MASS 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 of resistance training (RT) daily + the macronutrient blend in Amplified Mass XXX™, and 18 subjects performed 5 sets RT daily with no supplement. After eight weeks, subjects on the supplement showed equal gains in body weight, fat free mass (FFM), maximal muscle strength (NMS) and muscle endurance (ME) with only 3 sets RT per day compared to the control group who completed 5 sets RT per day.



Products bearing this logo have been tested for banned substances by LDC Sciences, Inc., a world-class anti-doping lab.
*Product was tested for over 140 banned substances on the 2018 World Anti-Doping Agency (WADA) Prohibited List via LDC, only not testing protocol #075007. See gnc.com for more information.

KEEP OUT OF REACH OF CHILDREN.
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 USA



GNC
PRO PERFORMANCE™
AMP

AMPLIFIED MASS XXX™

- Increases Lean Mass with 40% Fewer Sets**
- Micronized Glutamine to Support Positive Muscle Function*
- Improves Muscle Stamina & Strength*

50G PROTEIN | **10G** BCAA | **3G** CREATINE MATRIX | **124G** CARBS

CLINICALLY RESEARCHED

CHOCOLATE

NATURAL + ARTIFICIAL FLAVORS



DIETARY SUPPLEMENT
13 SERVINGS
Net Wt 6 lb (96 oz) 2727 g

CODE 986510

DIRECTIONS: As a dietary supplement, mix 4 level scoops (205 g) with 16 fl. oz. of cold water or milk. Consume 1-2 servings daily.

Supplement Facts

Serving Size: Four Level Scoops (205 g)
Servings Per Container: 13

Amount Per Serving	% Daily Value
Calories	750
Calories from Fat	50
Total Fat	6 g 9%
Saturated Fat	4 g 20%
Cholesterol	110 mg 37%
Total Carbohydrate	124 g 41%
Dietary Fiber	4 g 16%
Sugars	20 g *
Protein	50 g
Calcium	500 mg 50%
Iron	1.8 mg 10%
Sodium	650 mg 27%
Potassium	1320 mg 36%
Tri-MG Infusion™	3 g
Betaine (as Betaine Anhydrous), HMB (as Calcium HMB)	
Creatine Matrix Blend	3 g
Dicreatine Malate, Creatine Ethyl Ester HCl, Guanidinoacetate, Creatine AKG, L-Arginine, L-Glycine, L-Methionine	
Micronized Amino Acids	500 mg
Glutamine (as Micronized L-Glutamine), Arginine (as Micronized L-Arginine), Leucine (as Micronized L-Leucine)	

* Percent Daily Values are based on a 2,000 calorie diet.

* Daily value not established

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

CONTAINS: Milk and Soybeans.

WARNING: Consult your physician prior to using this product if you are pregnant, nursing, taking medication, or have a medical condition. Discontinue use two weeks prior to surgery.

NOTICE: Significant product settling may occur.

*When used in conjunction with an exercise program.

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

FRG

What is Amplified Mass XXX™?

Need to pack on the pounds? Amplify your gains with Amplified Mass XXX™ - our best mass gainer ever. Exclusive to GNC, this rock solid formula is engineered with ingredients proven to help you increase lean mass, weight, strength and stamina.** Muscle up your diet with Amplified Mass XXX™ - the ultimate lean mass builder.

THE FOUNDATION -

Science-Based Sports Nutrition:

Balanced Sports Nutrition + Training = Maximal Gains in Lean Mass and Performance

The science doesn't lie - without enough of the right carbs, quality proteins and healthy fats to complement your training - you won't achieve maximal gains. The foundation of Amplified Mass XXX™ provides a ratio of nutrients proven to accelerate increases in lean mass and exercise performance.* This champion blend weighs in at 750 calories, 50 grams of fast, medium and slow absorbing proteins and a 124 gram blend of important carbs - and the amounts are even higher when mixed with milk. That's science-based nutrition for Advanced Muscle Performance.

When Should I Take It?

For maximum results, Amplified Mass XXX™ should be taken daily. On training days, the product should be consumed immediately after exercise. On non-training days, the product should be taken first thing in the morning or between meals.

Typical Amounts of Key Amino Acids Per 4 Scoop Serving to Support Optimal Muscle Growth and Development.**

10g of BCAA

LEUCINE
ISOLEUCINE
VALINE

10g of Muscle Supporting Amino Acids

GLUTAMIC ACID & GLUTAMINE
ASPARAGIC ACID
GLUTINE

TYROSINE
CYSTINE
TRYPTOPHAN

4g of Creatine Building Blocks

ARGININE
METHIONINE
GLYCINE

PROLINE
ALANINE
GLUTAMINE
PHENYLALANINE

THE EXTRAS -

Beyond the Basics:

Wait. There's more. This motherload of mass gainers is enhanced beyond basic nutrition. Infused with functional blends of ingredients and technologies - this formula offers an arsenal of advantages....

Tri-MG Infusion™ - This anabolic blend consists of clinically studied betaine (a.k.a. trimethylglycine) and HMB. This combination of ingredients creates an anti-catabolic effect for your muscles.*

Micronized Amino Acids - Using MicroSorb™ Amino Technology, the amino acids added to this formula are pulverized, or "micronized" from large molecules into smaller particles to facilitate faster absorption. Why is that important? Better absorption of amino acids means better muscle fuel. These key amino acids, including glutamine, arginine and leucine, all support muscle protein synthesis and other key processes crucial to gaining mass.*

Creatine Matrix Blend - For added muscle benefits, this matrix includes 3 forms of creatine, plus other ingredients your body uses to make creatine. Creatine helps to improve training results, support immediate energy production during exercise and is important for muscle protein synthesis.*