ISO-MASS is the future of weight gainers. With a scientifically-formulated carbohydrate to protein ratio of 16:13 **ISO-MASS** is designed for you to gain serious muscle mass without the added fat deposits. **ISO-MASS** is formulated with a precise blend of time release proteins, complex carbohydrates, 6 types of creatine for muscle growth, 4 types of glutamine for muscle recovery, a complete vitamin premix for added mind/body functions, a healthy blend of 6 essential fatty acids to improve mind and body, a blend of 4 nitric oxide precursors to enhance vasodilation, a creatine precursor complex to increase the body's natural production of creatine, and an enzyme complex to increase absorption. All this can be found in an old fashioned milk shake taste in any of our gourmet flavors.

Suggested directions for use:
Mix 3 scoops ISO-MASS with 16 ounces liquid (water or milk). Take 3 servings daily. Use the schedule below to fit ISO-MASS into your preferred daily workout regimen.

AM Workout

6am: Wake up

6:15am: Breakfast
with 1 serving Power Caps
& 1 serving ISO Sensation 93

7am
Consume 1 Serving
Horse Power

7:30am: Begin Workout
Sip on Carbo Booster
throughout workout

9am: End workout
Immediately consume
1 serving of **ISO-MASS**

10:30am: Snack with
1 serving ISO Sensation 93

12:30pm: Lunch
with 1 serving Carbo Booster

2:30pm
Consume 1 serving **ISO-MASS**

4:30pm: Snack with
1 serving ISO Sensation 93

6:30pm: Dinner
with 1 Serving **ISO-MASS**
for dessert

8:30pm
Consume 1 Serving each
Casein Protein and ZMA

11pm: Bedtime

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.

PM Workout

6am: Wake up

6:15am: Breakfast
with 1 serving Power caps
& 1 serving ISO Sensation 93

8am
Consume 1 serving **ISO-MASS**

10:30am: Snack
with 1 serving ISO Sensation 93

12:30pm: Lunch
with 1 serving Carbo Booster

3pm: Snack
with 1 serving **ISO-MASS**

6pm: Dinner

7pm
Consume 1 serving
Horse Power

7:30pm: Begin workout
Sip Carbo Booster
throughout workout

9pm: End workout
Immediately consume
1 serving **ISO-MASS**

10pm
Consume 1 serving each
Casein Protein and ZMA

11pm: Bedtime

65 Grams of Nutrient-Dense Whey Protein per Serving!
Packed with 940 Calories!

Strawberry Milk Shake
Naturally & Artificially Flavored

ULTIMATE NUTRITION®
PLATINUM SERIES

iso mass XTREME GAINER

Time Released Mass Gainer Formula • With Complex Carbohydrates
Dietary Supplement • Net Wt. 10.11lb (4.59kg)

Contains 7 Types of Fast-Acting Creatine!

Made with Genuine
KRE-ALKALYN®
PATENTED CREATINE

Enhanced with Beta Alanine, 4 Types of Glutamine, AAKG, and Lactoferrin

Supplement Facts

Serving Size 3 Scoops (153g)
Servings per Container 30

Amount Per Serving	with Water	with 16 ounces 2% Lactitle	% Daily Value*
Calories	650	940	†
Calories from fat	60	150	
		%DV*	
Total Fat	7g 11%	16g 25%	†
Saturated Fat	4g 20%	10g 50%	
Cholesterol	30mg 10%	30mg 10%	
Sodium	200mg 8%	500mg 21%	
Total Carbohydrate	80g 27%	110g 37%	
Dietary Fiber	6g 24%	6g 24%	
Sugars	5g	5g	
Protein	65g 130%	72g 144%	
Vitamin A	33%	52%	
Vitamin C	33%	45%	†
Vitamin D	33%	85%	
Vitamin E	33%	33%	
Thiamine	33%	48%	
Riboflavin	33%	95%	
Niacin	33%	33%	
Vitamin B6	33%	45%	
Folic Acid	33%	33%	
Vitamin B12	33%	62%	
Biotin	33%	33%	
Pantothenic Acid	33%	45%	
Calcium	33%	100%	
Iron	33%	33%	
Phosphorus	33%	85%	
Iodine	33%	33%	
Magnesium	33%	52%	
Zinc	33%	46%	
Copper	33%	33%	†
Chromium	83%	83%	

*Percent Daily Values are based on a 2000 calorie diet. † Daily Values not established.

Other Ingredients:
Beet Powder (for Color), Natural & Artificial Flavors, Soy Lecithin, Sucralose, Acesulfame Potassium, and Neotame.

Contains Milk, Soy, Egg and Fish (herring, anchovy, mackerel, sardine, salmon).

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

Warning: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

Kre-Alkalyn® is a registered trademark of BioCentrex Research & Development Laboratory (BR&D).
Kre-Alkalyn® is patented (6,399,651) & registered to BioCentrex Research & Development Laboratory (BR&D).

Distributed by Ultimate Nutrition, Inc. Farmingdale CT 06034 USA.

ISO MASS 72g
Whey Protein Isolate, Milk Protein Isolate, Egg Albumin, Sucralose, Maltodextrin, Beet Powder, Natural & Artificial Flavors, Lecithin, Acesulfame Potassium, Lactitol

CARBO MASS 60g

CREA MASS 7g
Creatine Monohydrate, Tricreatine Malate, Kre-Alkalyn®, Creatine Ethyl Ester Dimalate, Creatine Ethyl Ester Malate, Creatine Citrate, Ornate Ethyl Ester, Creatine Pyruvate

OMEGA MASS 6.5g
Enzyme Modified Sunflower Oil Powder, Medium Chain Triglyceride Powder, Borage Oil Powder (Seed), Flax Seed Oil Powder, Fish Oil Powder, Linoleic Acid Powder, (CLA) and Omega-3

VITA MASS 2.22g
Vitamin A palmitate, dehydrocalciferol, d-alpha tocopherol acetate, ascorbic acid, biotin, thiamine mononitrate, riboflavin, niacinamide, pantothenic acid, pyridoxine hydrochloride, folic acid, D-Calcium Pantothenate, potassium iodide, potassium phosphate, potassium chloride, ferrous fumarate, magnesium oxide, copper gluconate, zinc oxide, chromium nicotinate

GLUTA MASS 2.2g
Glutamine, Glutamine, Glutamine Alpha Ketoglutarate, Glutamine Ethyl Ester, N-Acetyl L-Glutamine

N.O. MASS 500mg
Arginine Alpha Ketoglutarate, Arginine Ethyl Ester Di-HCL, Citrulline Ethyl Ester Malate, L-Norvaline

BCAA MASS 550mg
L-Valine, L-Valine Ethyl Ester, L-Leucine, L-Leucine Ethyl Ester, L-Isoleucine, L-Isoleucine Ethyl Ester

CP (Creatine Precursor) MASS 500mg †

ENZYME MASS 250mg †
Betaine, Glycocyamine

ENZYME MASS 83%
Protease, Lactase

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