



10pm: Consume 1 serving ProStar® 100% Casein Protein and 1 serving ZMA®

9pm: End workout and consume 1 serving Anabolic Reload™

7pm: Consume 1 serving Hyper Start™

7:30pm: Begin workout sip Inner Rage™ throughout workout

6pm: Dinner and 1 serving ProStar® 100% Whey and 1 serving Vegetable Greens

3pm: Snack with 1 serving IsoCool®

10:30am: Snack with 1 serving ProStar® 100% Whey Protein

12:30pm: Lunch

8am: Consume 1 serving ISO MASS XTREME GAINER®

6:15am: 1 serving Whey Oats & Honey and 1 serving Daily Complete Formula®

PM Workout

6am: Wake up

10:30pm: Bedtime

9pm: End workout and consume 1 serving Anabolic Reload™

7am: Consume 1 serving Hyper Start™

7:30am: Begin workout and sip Inner Rage™ throughout workout

6:30pm: Dinner and 1 serving ProStar® 100% Whey Protein and 1 Serving Vegetable Greens

10:00pm: Consume 1 serving ProStar® 100% Casein Protein and 1 serving ZMA®

4:30pm: Snack with 1 Serving IsoCool®

2:30pm: Consume 1 serving ISO MASS XTREME GAINER®

12:30pm: Lunch

10:30am: Snack and 1 serving ProStar® 100% Whey Protein

9am: End workout and consume 1 serving Anabolic Reload™

6:15am: 1 serving Whey Oats & Honey and 1 serving Daily Complete Formula®

AM Workout

6am: Wake up

Suggested directions for use:

Mix 3 scoops ISO MASS XTREME GAINER® with 16 ounces (approx 470 mL) of water or milk. For a thicker shake add less liquid. For best results, we recommend you mix ISO MASS XTREME GAINER® in a blender or shaker. Take 1-3 servings per day. You may consider using the schedule below to fit ISO MASS XTREME GAINER® into your preferred daily workout regimen.

All this can be found in an old-fashioned milkshake-like taste in any of our gourmet flavors.

With over 60 ingredients, ISO MASS XTREME GAINER® is an all-in-one lean mass builder that packs the most bang for your buck. * Formulated to contain a precise one-to-one ratio of protein and carbs, this breakthrough mass-building formula is designed to help you gain a serious amount of size without unwanted fat gain. * With each serving of ISO MASS XTREME GAINER® you'll receive 60 grams of time-release protein, a 60-gram blend of fast- and slow-digesting carbs and a blend of essential fatty acids. But that's not all! ISO MASS XTREME GAINER® is also loaded with 20 vitamins and minerals to support muscle function and performance, a 7-gram blend of cell-volumizing creatine, 4 types of nitric oxide precursors, 4 types of glutamine to help preserve muscle tissue, 3 grams of branched chain amino acids, creatine precursors to support natural creatine production, and a proprietary blend of enzymes to enhance digestion and absorption. * All this can be found in an old-fashioned milkshake-like taste in any of our gourmet flavors.

ULTIMATE NUTRITION®

PLATINUM SERIES

ISO MASS XTREME GAINER®

All-in-one Lean Mass Builder*
60 Grams of Time Released Proteins
820 Nutrient-Dense Calories! **
7 Types of Fast-acting Creatine
Includes Free Flowing Glutamine & BCAAs

Multi-Ingredient Supplement

NET WT. 10 LBS (4.52 KG)

Daily
Pre
During
Post
Night

ICED COFFEE

NATURALLY & ARTIFICIALLY FLAVORED

Supplement Facts

Serving Size: 3 Scoops (157 g)

Servings per Container: about 29

100 MASS 60 g

Whey Protein Isolate, Whey Protein Hydrolysate, Egg Protein Isolate, Micellar Alpha and Beta Caseins and Caseinates, Milk Protein Isolate, Lactoferrin					
CARBO MASS 52 g					+
Waxy Maize, Whole Oat Flour, Dextrose, Oat Fiber, Rice Maltodextrin					
CREA MASS 7.5 g					+
Creatine Monohydrate, Creatine Magnesium Chelate, Kre-Alkalyn®, Creatine Phosphate, Di-Creatine Orotate, Creatine Alpha Ketoglutarate, Di-Creatine Malate					
OMEGA MASS 6.5 g					+
Canola Oil, Enzyme Modified Sunflower Oil, Medium Chain Triglycerides, Borage Seed Oil, Flax Seed Oil, Omega 3 Fish Oil.					
VITA MASS 3.3 g					+
Dicalcium Phosphate, Potassium Chloride, Magnesium Oxide, Ascorbic Acid, Ferrous Fumarate, D-alpha Tocopherol Acetate, Biotin, Nicotinamide, Zinc Oxide, Copper Gluconate, D-Calcium Pantothenate, Vitamin A Acetate, Cholecalciferol, Folic Acid, Pyridoxine Hydrochloride, Thiamine Mononitrate, Chromium Polynicotinate, Riboflavin, Cyanocobalamin, Potassium Iodide.					
GLUTA MASS 2.5 g					+
Glutamine, Glutamine Alpha Ketoglutarate, N-Acetyl L-Glutamine, L-Alanyl-L-Glutamine					
N.O. MASS 600 mg					+
Arginine Alpha Ketoglutarate, L-Arginine, Arginine Ethyl Ester Dihydrochloride, Citrulline Malate, L-Aspartic Acid					
BCAA MASS 3 g					+
L-Leucine, L-Valine, L-Isoleucine					
PERFORMANCE MASS 500 mg					+
Beta Alanine, Betaine, L-Glycine, L-Methionine					
ENZYME MASS 250 mg					+
Protease, Lactase					

Calories	570	820		
Calories from fat	90	180		
%DV*				
Total Fat	10 g	15%	20 g	30%
Saturated Fat	2 g	11%	8 g	41%
Cholesterol	55 mg	18%	95 mg	31%
Sodium	190 mg	8%	420 mg	18%
Total Carbohydrate	60 g	20%	84 g	28%
Dietary Fiber	4 g	15%	4 g	15%
Sugars	8 g		33 g	
Protein	60 g	120%	76 g	153%
Vitamin A	1710 IU	34%	2637 IU	53%
Vitamin C	21 mg	35%	22 mg	37%
Vitamin D	138 IU	35%	377 IU	94%
Vitamin E	9.9 IU	33%	9.9 IU	33%
Thiamin	0.52 mg	35%	0.71 mg	48%
Riboflavin	0.57 mg	34%	1.5 mg	87%
Niacin	6.7 mg	33%	7.1 mg	36%
Vitamin B6	0.66 mg	33%	0.85 mg	42%
Folic Acid	133 mcg	33%	133 mcg	33%
Vitamin B12	2 mcg	33%	4.6 mcg	76%
Biotin	101 mcg	34%	101 mcg	34%
Pantothenic Acid	3.3 mg	33%	5 mg	50%
Calcium	740 mg	74%	1326 mg	133%
Iron	9.5 mg	53%	9.6 mg	53%
Phosphorus	587 mg	59%	1036 mg	104%
Iodine	50 mcg	33%	50 mcg	33%
Magnesium	182 mg	45%	236 mg	59%
Zinc	11 mg	74%	13 mg	89%
Copper	0.67 mg	34%	0.7 mg	35%
Chromium	100 mcg	83%	100 mcg	83%

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

Other Ingredients:

Glutamine Peptides, Coffee, Natural & Artificial Flavors, Soy Lecithin, Sucralose, and Acesulfame Potassium.

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

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.

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