

PREMIUM
PROTEIN*

*per 4 scoop serving

47g PREMIUM
PROTEIN*

*per 4 scoop serving

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*per 4 scoop serving

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PROTEIN*

*per 4 scoop serving

47g

BODY FORTRESS® SUPER MASS GAINER

If you're one of those people who have a tough time packing on solid, powerful mass, try Body Fortress® Super Mass Gainer, specially designed for hard gainers who want to gain weight and pack on mass.** Body Fortress® Super Mass Gainer helps you keep growing when other weight gainers quit!*** Our specially selected nutrients are designed to meet your body's needs for both immediate and sustained energy and protein synthesis.**

Body Fortress® Super Mass Gainer is now loaded with Whey protein as part of our Complete Mass Protein Blend.

BENEFITS OF WHEY PROTEIN:

Whey is widely considered the king of all proteins due to its superior content of Branched Chain Amino Acids, its fast-digestion rate and its overall protein quality.

Whey also has high rankings in all of the major categories used to evaluate protein - which includes Biological Value, Nitrogen Protein Utilization and Amino Acid Score.

Unlike some other incomplete protein sources, Whey provides all of the essential aminos that are needed in order to build muscle.**

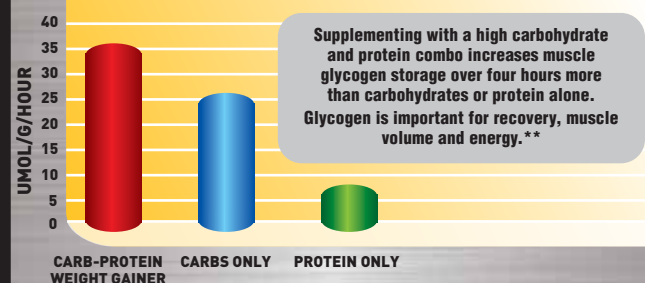
By combining whey with milk, casein and egg protein, Body Fortress® Super Mass Gainer provides an unbeatable combination for helping you achieve your mass gaining goals.**

Body Fortress® Super Mass Gainer contains less than 10% of calories from fat! We know that your training goals are to pack inches onto your biceps rather than your waist, so we didn't compromise quality with loads of unhealthy fats that could slow down your progress.

In order to make serious gains, you need to train hard, get lots of rest, and take in plenty of key nutrients. Body Fortress® Super Mass Gainer makes it easy to get the high quality protein, energy-packed carbs and essential nutrients that are important for a serious, intensive training program.

**Use in conjunction with an intense daily exercise program and a balanced diet including an adequate caloric intake.

MUSCLE GLYCOGEN STORAGE



Zawadzki, K. et al. Carbohydrate-protein complex increases the rate of muscle glycogen storage after exercise. Jnl of Applied Phys. 1992. 72(5) pg 1854-1859.



SUPER MASS GAINER

ULTIMATE MUSCLE MASS FUEL**

- > SUPERIOR MASS BUILDING WHEY PROTEIN**
- > EXTENDED AMINO DELIVERY FORMULA
- > MUSCLE GLYCOGEN BUILDING CARBS**
- > OVER 10 GRAMS OF BCAAs*

PROTEIN POWDER

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

*per 4 scoop serving

CHOCOLATE

NATURAL & ARTIFICIAL FLAVORS

NET WT. 2.25 lb. (36 oz.) (1,020 g)

Contents are sold by weight. Some settling may occur.

Nutrition Facts

Serving Size 4 Scoops (170 g)
Servings Per Container 6

Amount Per Serving

Calories 630 Calories from Fat 55

%Daily Value***

Total Fat 6g 10%

Saturated Fat 3g 13%

Trans Fat 0g

Cholesterol 95mg 31%

Sodium 300mg 13%

Potassium 1,430mg 41%

Total Carbohydrate 98g 33%

Dietary Fiber 7g 27%

Sugars 83g

Protein 47g 94%

Vitamin A 100% Vitamin C 100%

Calcium 150% Iron 140%

Vitamin D 100% Vitamin E 100%

Thiamin 100% Riboflavin 100%

Niacin 100% Vitamin B-6 100%

Folic Acid 100% Vitamin B-12 100%

Biotin 100% Pantothenic Acid 100%

Phosphorus 130% Iodine 100%

Magnesium 140% Zinc 110%

Copper 110% Chromium 110%

Chloride 6%

***Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Calories: 2,000 2,500

Total Fat Less than 65g 80g

Sat Fat Less than 20g 25g

Cholesterol Less than 300mg 300mg

Sodium Less than 2,400mg 2,400mg

Potassium 3,500mg 3,500mg

Total Carbohydrate 300g 375g

Dietary Fiber 25g 30g

Protein 50g 65g

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

Ingredients: Complete Mass Protein Blend (Nonfat Dry Milk, Whey Protein Concentrate, Calcium Caseinate, Egg White), Fructose, Cocoa (alkalized), Maltodextrin, Vitamin/Mineral Premix (Dicalcium Phosphate, Magnesium Dioxide, Potassium Chloride, Ascorbic Acid, Ferric Orthophosphate, dl-Alpha Tocopheryl Acetate, Niacinamide, Zinc Oxide, Copper Gluconate, d-Calcium Pantothenate, Retinyl Palmitate, Pyridoxine HCl, Thiamin Hydrochloride, Riboflavin, Chromium Picolinate, Folic Acid, Biotin, Potassium Iodide, Ergocalciferol, Cyanocobalamin), Natural and Artificial Flavor, Soy Lecithin, Guar Gum, Hypromellose, Oat Fiber, Artificial Malted Milk Flavor, Gelatin.

Directions: For adults, mix four (4) scoops of Body Fortress® Super Mass Gainer with 20 fl. oz. of 2% milk. Stir, shake or blend. Skim milk or water may be substituted for whole milk for less total calories and fat. For quicker weight gain, boost your caloric intake by blending your shake with ingredients such as ice cream, nuts, honey, fresh berries, bananas and other high caloric foods. As a reminder, discuss the supplements and medications you take with your health care providers.

MUSCLE BUILDER TRAINING PROGRAM:

Mix four (4) scoops and drink immediately after your workout. For weight gain programs of 1-3 pounds per week, drink a four (4) scoop shake per day for each pound per week you want to gain. Make sure to consume an additional high carbohydrate and protein meal within a few hours after your workout. For a complete muscle building training and nutrition program check out www.bodyfortress.com.

FREE OF: wheat, artificial color.

Typical Amino Acid Profile (milligrams per 170 g serving****)

Essential Amino Acids	Nonessential Amino Acids
L-Histidine 1,115 mg	L-Alanine 1,946 mg
L-Isoleucine 2,724 mg	L-Arginine 1,649 mg
L-Leucine 4,735 mg	L-Aspartic Acid 4,674 mg
L-Lysine 3,898 mg	L-Cysteine 789 mg
L-Methionine 1,091 mg	L-Glutamic Acid 7,910 mg
L-Phenylalanine 1,899 mg	L-Glycine 1,011 mg
L-Threonine 2,986 mg	L-Proline 3,339 mg
L-Tryptophan**** 722 mg	L-Serine 2,682 mg
L-Valine 2,640 mg	L-Tyrosine 1,771 mg

****L-Tryptophan is naturally occurring, not added.

****approximate values

KEEP OUT OF THE REACH OF CHILDREN. STORE AT ROOM TEMPERATURE, TIGHTLY CLOSED AND AVOID EXCESSIVE HEAT. FOR YOUR PROTECTION, DO NOT USE IF SEAL UNDER CAP IS BROKEN OR MISSING.

BODY FORTRESS®

YOUR BODY - YOUR FORTRESS.®

For more information on other Body Fortress® products or for complete training and nutrition programs, visit www.bodyfortress.com.



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