

THE COMPLETE WEIGHT GAINER

ATTAIN REAL MASS™

- ➔ Accelerates Glycogen Resynthesis For Maximal GROWTH†
- ➔ Efficiently Drives Anabolic Protein Synthesis and Recovery Rates†
- ➔ Harnesses the Insulinotropic Power of 4-Hydroxyisoleucine†
- ➔ Helps Maintain Favorable Blood Glucose Levels For Enhanced Lean Body Mass†
- ➔ Contains MYOFUSION™ Protein Matrix Utilizing Professional Grade Cross-Flow Cold Process / Microfiltered Whey Protein Concentrate and Isolate, Egg Albumen & Milk Protein Isolate†
- ➔ Unique Carbohydrate Blend For Sustained Energy Levels and ZERO Bloating†
- ➔ Maximal Bioavailability Assurance with GaspariZyme™ Proteolytic Enzyme Complex†
- ➔ Assists Favorable Hormone and Cholesterol Levels†

For those athletes desperately trying to put on quality mass, the question will undoubtedly arise, "Am I consuming enough calories?" If you are having trouble packing on quality mass despite a rigorous workout schedule, then more than likely the major consideration will be whether or not more calories are needed in your diet. For this reason, Gaspari Nutrition's research and development team is proud to present **REAL MASS™** – The Complete Weight Gainer.

The key to gaining quality skeletal muscle mass and body weight is supporting active recovery by eating frequent well balanced and calorically dense meals throughout the day. By doing this you are maintaining a steady stream of important macronutrients such as quality proteins and carbohydrates throughout the day so your muscles can grow. However, the major downside to eating high amounts of carbs is that you run the risk of putting on unsightly fat. Isn't the goal to ultimately perform better in the gym and look your absolute best? We think so. The Gaspari R&D team took this common weak spot in most commercial weight gainers seriously and saw fit to utilize the powerful insulinotropic compound **4-HYDROXYISOLEUCINE**. This potent amino acid analogue has the power to effectively utilize one of the body's most powerful hormones; insulin. It is insulin which helps drive important macronutrients (especially glucose) more efficiently into your starving muscles to facilitate growth and recovery. This is why athletes who use **REAL MASS™** notice increases in muscle belly size right out of the gate. If your body cannot properly metabolize glucose, you undoubtedly run a much greater risk of becoming fat! What's the point of taking a weight gainer if you are just going to gain more fat than muscle? There is no point to it, which is why Gaspari Nutrition harnessed the power of TSI Health Sciences' patent pending material standardized for **4-HYDROXYISOLEUCINE** to help facilitate the proper delivery of our unique *fast and long acting* carbohydrate blend. Along with a huge dose of Gaspari's wildly popular **MYOFUSION™** Muscle Building Protein Blend and the greatest taste and texture in the industry, **REAL MASS™** is sure to become a major component in **every** successful mass gaining program.†

COMPETITION STRENGTH NUTRITION



INCREDIBLE
LONG-TERM
TASTE
SATISFACTION!

SUPER FAST
ACTING!

GASPARI'S REAL MASS™

THE COMPLETE WEIGHT GAINER

FOR MAXIMUM INCREASES IN SKELETAL MUSCLE MASS & BODY WEIGHT

Formulated with **MYOFUSION™** Advanced Muscle Building Protein
Sustained Carb Matrix w/ Pro-Insulin Cofactors for **INSTANT 1ST DOSE** Muscle Volume
Powerful Proteolytic Enzyme Complex for Maximum Bioavailability

RICH VANILLA MILKSHAKE

DIETARY SUPPLEMENT • NET WEIGHT 5.95lbs. (2700g)

Supplement Facts

Serving Size: 3 scoops (150gm)
Servings Per Container: 18

	In 16oz. of water Amt Per Serving	% Daily Value*	Amt Per 100g	In 16oz. of nonfat milk Amt Per Serving	% Daily Value*
Calories	620		413	792	
Calories from fat	108		72	108	
Total Fat	12g	18%	8g	12g	18%
Saturated Fat	4g	20%	3g	12g	60%
Trans Fat	0		0		
Cholesterol	100mg	33%	67mg	108mg	36%
Sodium	260mg	10%	173mg	512	21%
Potassium	400mg	11%	268mg	1214mg	34%
Total Carbohydrates	78g	26%	52g	102g	34%
Dietary Fiber	6g	24%	3g	6g	24%
Sugars	14g	**	9g	48g	**
Protein	50g	100%	33g	66g	132%
Vitamin A	4500 IU	90%	2997 IU	4800 IU	96%
Thiamin	1.5mg	100%	1mg	1.7mg	113%
Vitamin C	60mg	100%	40mg	60mg	100%
Vitamin D	350 IU	87%	233 IU	450 IU	112%
Vitamin E	18 IU	60%	12 IU	18 IU	60%
Vitamin K	80mcg	100%	47mcg	80mcg	100%
Calcium	250mg	25%	167mg	852mg	85%
Riboflavin				.6mg	35%
Vitamin B12				1.8mcg	30%
Phosphorus				496mg	49%

*Percent daily values are based on a 2,000 calorie diet. **Daily value not established.

REAL MASS™ Proprietary Skeletal Muscle & Body Weight Blend **133.26gm**

Ingredients

Myofusion Athlete's Edge Complete Protein Blend (Cross-Flow, Cold Infused Whey Protein Concentrate, Cross-Flow, Cold Infused, Microfiltered Whey Protein Isolate, Egg Albumen, Milk Protein Isolate, L-Leucine, L-Valine), **Instant Hypertrophy Matrix** (Maltodextrin, Palatinose, Trehalose, Fibersol (soluble fiber glucose polymer complex), Dextran, 4-Hydroxyisoleucine)

RM Pro-Compliance Lipid Complex [cold-processed sunflower oil powder, CLA (micro-encapsulated conjugated linoleic acid), cold-processed flax seed oil powder]

GaspariZyme™ [lactase (lactose reduce enzyme), protease], bromelain, amylase, cellulase and hemicellulase.

Other Ingredients: nonfat dry milk, Rich Mac® (sunflower oil, corn syrup solids, sodium caseinate, mono glycerides, d-glycerides, d potassium phosphate), natural and artificial flavors, vitamin and mineral blend consisting of vitamin A palmitate, beta carotene, ascorbic acid, cholecalciferol, d alpha tocopheryl acetate, thiamin hydrochloride, riboflavin, niacinamide, pyridoxine hydrochloride, folic acid, biotin, calcium carbonate, ferrous orthophosphate, disodium phosphate, potassium iodide, magnesium oxide, zinc oxide, sodium selenite, manganese sulfate, chromium chloride, sodium molybdate, choline bitartrate, cellulose gum, xanthan gum, guar gum, ace-K, sucralose.

Recommended Use: As a dietary supplement, mix 3 scoops of Gaspari REAL MASS™ with 16 to 20oz of cold water (depending on your personal taste preference) in a shaker or blender. You may also substitute milk or fruit juice depending again on personal preference and/or increased caloric needs. Drink 1 to 2 servings per day according to your own muscle building or weight gaining program.

Allergen Warning: Contains ingredients from milk and egg. Made in a plant that also processes egg, soy, peanut, tree nut, fish, crustaceans/shellfish, and wheat products.

Warning: Consult your healthcare professional prior to use if you have, or suspect, a medical condition, are taking prescription drugs, or are pregnant or lactating. Store at 15-30C (59-86°F). Protect from heat, light and moisture. Do not purchase if seal is broken. **KEEP OUT OF REACH OF CHILDREN.**

Use this product as a food supplement only. Do not use for weight reduction. Manufactured at an EU Certified and CFIA inspected GMP Facility.

†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.

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Rev. 0309

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