

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 Mass XXX™, and 16 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 (MMS) and muscle endurance (ME) with only 3 sets RT per day compared to the control group who completed 5 sets RT per day.

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

11 G OF BCAA			35 G OF MUSCLE SUPPORTING AMINO ACIDS		
LEUCINE			GLUTAMINE & GLUTAMIC ACID		TYROSINE
ISOLEUCINE			ASPARTIC ACID		CYSTINE
VALINE			LYSINE		TRYPTOPHAN
4 G OF CREATINE BUILDING BLOCKS			THREONINE		HISTIDINE
ARGININE			PROLINE		
METHIONINE			ALANINE		
GLYCINE			SERINE		
			PHENYLALANINE		

**When used in conjunction with an exercise program.



Products bearing this logo have been tested for banned substances by LGC Science, Inc., a world-class anti-doping lab. *Product was tested for over 145 banned substances on the 2017 World Anti-Doping Agency (WADA) Prohibited List via LGC skip lot testing protocol #ICP0307. See gnc.com for more information.

* 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.



KEEP OUT OF REACH OF CHILDREN.
Store in a cool, dry place.
For More Information:
1-888-462-2548
GNC.com
Distributed by:
General Nutrition Corporation
Pittsburgh, PA 15222 USA



ADVANCED MUSCLE PERFORMANCE

MASS XXX™
CLINICALLY PROVEN MUSCLE STRENGTH & STAMINA

Increase Lean Muscle Mass with 40% Fewer Sets*
Micronized Aminos to Help Fuel Muscles*



DIETARY SUPPLEMENT
NET WT 6.20 LB
(99.20 OZ) 2812.27 G

750
CALORIES
50g
PROTEIN
11g
BCAA
3g
CREATINE
MATRIX

CODE 386588 JS6
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. On training days, consume post-workout. On non-training days, consume first thing in the morning or between meals. Consume ample amounts of water while taking this product.

Supplement Facts			
Serving Size Four Level Scoops (205 g)		Servings Per Container 13	
Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Calories	750	Creatine Matrix Blend	3 g *
Total Fat	7 g 9%†	Dicreatine Malate	890 mg *
Saturated Fat	4.5 g 23%†	Creatine Ethyl Ester HCl	800 mg *
Cholesterol	100 mg 33%	Guanidinoacetate	500 mg *
Total Carbohydrate	122 g 44%†	Creatine Monohydrate	400 mg *
Total Sugars	22 g *	L-Arginine	300 mg *
Includes 6 g Added Sugars	12%†	L-Glycine	80 mg *
Protein	50 g	L-Methionine	30 mg *
Calcium	560 mg 43%	Micronized Amino Acids	500 mg *
Iron	1.9 mg 11%	Micronized Glutamine	250 mg *
Sodium	580 mg 25%	Micronized L-Arginine	130 mg *
Potassium	750 mg 16%	Micronized L-Leucine	120 mg *
Tri-MG Infusion™	3 g *		
BETAPOWER® Betaine Anhydrous	2.5 g *		
Calcium HMB	500 mg *		
(as Calcium β-hydroxyβ-methylbutyrate monohydrate [HMB])			

OTHER INGREDIENTS: Maltodextrin, Protein Blend (Whey Protein Concentrate, Calcium Caseinate, Soy Protein Isolate), Natural and Artificial Flavors, Cookie Crumbs (Enriched Flour [Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid], Sugar, Palm and Palm Kernel Oil Blend, Cocoa [Processed With Alkali], High Fructose Corn Syrup, Corn Flour, Salt, Dextrose, Sodium Bicarbonate, Soy Lecithin), MCT (Medium Chain Triglycerides), Polydextrose, Lecithin, Salt, Acesulfame Potassium, Sucralose.
CONTAINS: Milk, Soybeans and Wheat.
WARNING: Conslt your physician prior to using this product if you are pregnant, nursing, taking medication, under 18 years of age, or have a medical condition. Discontinue use two weeks prior to surgery.
NOTICE: Significant product settling may occur.
BETAPOWER® is a registered trademark of DuPont or its affiliates.



THE ULTIMATE LEAN MASS BUILDER
Clinically Proven
Helps Increase Lean Muscle Mass, Weight, Strength & Stamina with 40% Fewer Sets*
Nutritional Foundation
The Right Amount of Carbs, Quality Proteins & Healthy Fats to Complement Your Training & Achieve Maximum Gains*
Fast, Medium & Slow Absorbing Proteins
Science-Based Nutrition for Advanced Muscle Performance**
Enhanced Results
Studies Show Creatine Can Safely & Effectively Support Immediate Energy Production & Athletic Performance When Combined with Regular Exercise*

BEYOND THE BASICS
Tri-MG Infusion™
This Anabolic Blend Combines Clinically Studied Betaine with HMB Creating an Anti-Catabolic Effect for Your Muscles to Support Athletic Performance*
Creatine Matrix Blend
Includes 3 Forms of Creatine + Ingredients Your Body Uses to Make Creatine to Help Improve Training Results & Support Muscle Protein Synthesis**
Micronized Amino Acids
Faster Absorbing, Key Aminos for Better Muscle Fuel to Support Muscle Protein Synthesis & Key Processes Crucial to Gaining Mass**

If it's on our labels, then it's in our bottles. Full dosing, full transparency and no proprietary blends. Clinically studied ingredients backed by real science. Get massive. Get advanced muscle performance.