

MASSIVE 12 LB BAG
MAXIMUM RESULTS.† MAXIMUM MASS.†

REAL MASS®

ADVANCED WEIGHT GAINER



47g
PROTEIN*

* PER SERVING

- GLYCOFUSE™ SUPERCARBS
(as HIGHLY BRANCHED CYCLIC DEXTRIN)
- 5g CREATINE MONOHYDRATE*
- 1,000 CALORIES*
- INCREDIBLE TASTE
- GLUTEN FREE



STRAWBERRY MILKSHAKE
Naturally & Artificially Flavored

NET WT. 12 LBS. (5454 G)

REAL MASS®
ADVANCED WEIGHT GAINER

Building muscle mass is not a simple task. In order to develop significant size, you need to consume more calories than you burn, which can be challenging for those who are high performance athletes, bodybuilders or even regular fitness participants. The key is to retain a high level of protein, carbohydrates and fats in your diet. Adding weight-gain supplements allow you to do just that. Gaspari Nutrition's advanced weight gainer; REAL MASS® has 1,000 CALORIES with 47 GRAMS OF PROTEIN, CREATINE, BCAAS and HIGHLY BRANCHED CYCLIC DEXTRIN (as in GlycoFuse™). This versatile supplement can be consumed pre-workout, post-workout or as a daily meal replacement. Your choice. When it comes to putting on quality mass effectively and fast, REAL MASS is THE premium weight gainer solution.†

REAL MASS. MAXIMUM RESULTS. MAXIMUM MASS.

JUST THE FACTS		
47g PROTEIN	GLUTEN FREE	DIGESTIVE ENZYMES
1,000 CALORIES	16g EAAs	NO ARTIFICIAL COLORS

TYPICAL AMINO ACID PER SERVING		
ESSENTIAL AMINO ACID (EAA)		
Leucine*	3592 mg	Tryptophan 629 mg
Isoleucine*	2134 mg	Methionine 743 mg
Valine*	2081 mg	Phenylalanine 1189 mg
		Threonine 2396 mg
		Lysine 3117 mg
		Histidine 687 mg

*Branched-Chain Amino Acids (BCAAs)

†AS PART OF A BALANCED DIET AND HEALTHY LIFESTYLE.

©2014 Gaspari Nutrition, Inc. Gaspari Nutrition and REAL MASS are registered trademarks of Gaspari Nutrition -All rights reserved.

Developed and exclusively manufactured for Gaspari Nutrition, Inc., 575 Prospect St. Suite 301 Lakewood, NJ 08701 USA 1.732.364.3777

WWW.GASPARINUTRITION.COM



Rev. 0714

Nutrition Facts

Serving Size 4 Scoops (250 g)	
Servings Per Container about 22	
Amount Per Serving	
Calories 1,000	Calories from Fat 60
% Daily Value*	
Total Fat 7 g	10%
Saturated Fat 3 g	14%
Trans Fat 0 g	
Cholesterol 10 mg	3%
Sodium 420 mg	17%
Total Carbohydrate 188 g	63%
Dietary Fiber 1 g	4%
Sugars 43 g	
Protein 47 g	
Vitamin A 2%	Vitamin C 2%
Calcium 35%	Iron 2%
*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
Total Carbohydrate	300g 375g
Total Sugar	25g 30g
Calories per gram:	
Fat 9	Carbohydrates 4 Protein 4

INGREDIENTS: Carbohydrate Complex (Maltodextrin, Highly Branched Cyclic Dextrin (as in GlycoFuse™)), Protein Matrix (Whey Protein Concentrate, Whey Protein Hydrolysate, Whey Protein Isolate, Micellar Casein, Milk Protein Isolate), Cocoa Powder, Non Dairy Creamer (Sunflower and/or Soybean Oil, Corn Syrup Solids, Sodium Caseinate, Mono & Diglycerides, Sodium Citrate, Silicon Dioxide, Soy Lecithin), Fructose, Amino Acid Complex (L-Glycine, Creatine Monohydrate, BCAA (L-Isoleucine, L-Leucine, L-Valine)), Natural and Artificial Flavor, Enzyme Blend (Amylase, Protease, Lactase), MCT Powder from Coconut, Acesulfame Potassium, Sucralose, Sea Salt, Alpha Lipoic Acid, Flax Seed Oil Powder, Citric Acid, Red Beet Powder.

ALLERGEN INFORMATION: CONTAINS MILK AND SOY INGREDIENTS. MANUFACTURED IN A FACILITY THAT ALSO PROCESSES EGGS, PEANUTS, TREE NUTS, FISH AND CRUSTACEANS/SHELLFISH PRODUCTS.

NOTICE: DO NOT USE AS A SOLE SOURCE OF NUTRITION FOR WEIGHT LOSS OR MAINTENANCE. KEEP OUT OF REACH OF CHILDREN. STORE IN A COOL, DRY PLACE.

HOW TO USE
SHAKE
Add 4 scoops of REAL MASS per 16 - 20 oz of liquid to a shaker cup, secure the top and shake for 20 - 30 seconds.

BLEND
Add 4 scoops of REAL MASS per 16 - 20 oz of liquid to a blender and mix. For a frosty shake, add a handful of ice cubes.

FOR RECIPES & MORE VISIT: GASPARINUTRITION.COM

WHEN TO TAKE
PRE
Before training, REAL MASS is a great tasting and easy-to-digest source of time released amino acids.

POST
After a workout, REAL MASS immediately starts repairing and building muscle.

ANYTIME
Use REAL MASS between meals, with meals or anytime you want delicious protein satisfaction.