

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

REAL MASS®

ADVANCED WEIGHT GAINER



47g
PROTEIN*

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

* PER SERVING



VANILLA 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	Threonine	2396 mg
Isoleucine*	2134 mg	Methionine	743 mg	Lysine	3117 mg
Valine*	2081 mg	Phenylalanine	1189 mg	Histidine	687 mg

*Branched-Chain Amino Acids (BCAAs)

WARNING: FOR STATE OF CALIFORNIA RESIDENTS ONLY (California Proposition 65). This product contains a chemical known to the State of California to cause birth defects or other reproductive harm.

*AS PART OF A BALANCED DIET AND HEALTHY LIFESTYLE.

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Nutrition Facts

Serving Size 4 Scoops (250 g)	
Servings Per Container about 22	
Amount Per Serving	Calories from Fat 60
Calories 1,000	% 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), 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.

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.

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

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.