

JUST THE FACTS

+

50g PROTEIN

+

1,080 CALORIES

+

GLUTEN FREE

+

16g EAAs

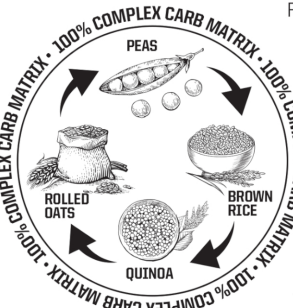
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DIGESTIVE ENZYMES

+

NO ARTIFICIAL COLORS

The all new **REAL MASS®** is yet another testament to Rich Gaspari's undying devotion to continual innovation and improvement. Most weight gainers are loaded with high glycemic index carbohydrates like maltodextrin added with low-quality protein sources. Gaspari's new **REAL MASS®** is a scientifically engineered 3 stage macronutrient formula utilizing the highest quality ingredients.†



The **REAL MASS®** difference is more than just utilizing higher quality ingredients. Each serving provides a **scientifically proven 4:1 Carbohydrate to Protein ratio**. This exact ratio was validated by numerous clinical studies and gives users all of the calories & protein needed to maximize results. **Follow Gaspari Nutrition® and follow the science. This is the path to gaining REAL MASS®! †**

WARNINGS: As with any dietary supplement, consult your healthcare practitioner before using this product, especially if you are pregnant nursing or otherwise under medical supervision.

KEEP OUT OF THE REACH OF CHILDREN.
STORE AT COOL, DRY PLACE.
TAMPER EVIDENT: DO NOT USE IF SEAL UNDER CAP IS BROKEN OR MISSING.

†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.

WARNING: Cancer and Reproductive Harm - www.P65Warnings.ca.gov

NO

AMINO SPIKING!

GUARANTEED



REAL MASS®

ADVANCED WEIGHT GAINER

50g PROTEIN*

1,080 CALORIES*

100% COMPLEX CARBOHYDRATE BLEND

PER SERVING

Cluster Dextrin

Carb10®

CHOCOLATE MILKSHAKE

NATURALLY & ARTIFICIALLY FLAVORED



DIETARY SUPPLEMENT | 10 SERVINGS NET WT 6lbs. (2.72kg.)

Supplement Facts

Serving Size: 4 Scoops (272g)

Servings Per Container: 10

Amount Per Serving

Calories 1,080

Calories from Fat 80

% Daily Value*

Total Fat 9g

Saturated Fat 3g

Trans Fat 0g

Cholesterol 10mg

Sodium 420mg

Total Carbohydrate 200g

Dietary Fiber 1g

Sugars 15g

Protein 50g

Vitamin D 0mcg

Calcium 455mg

Iron 0.36mg

Potassium 0mg

Vitamin A

Vitamin C

*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, Waxy Maize Starch, Carb10™ (Ultra low Glycemic & Low Insulinemic Pea Starch Carbohydrate), Cluster Dextrin® Highly Branched Cyclic Dextrin (as in GlycoFuse®), Rolled Oats & Quinoa), Protein Matrix (Whey Protein Concentrate, Whey Protein Hydrolysate, Whey Protein Isolate, Micellar Casein, Milk Protein Isolate, Egg White Protein), 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), Cocoa Powder, Natural & Artificial Chocolate Milk Shakes Flavor, Enzyme Blend (Amylase, Protease, Lactase), MCT Powder from Coconut, Acesulfame Potassium, Sucralose, Sea Salt, Alpha Lipic Acid, Flax Seed Oil Powder.

ALLERGEN INFORMATION: Contains Milk And Soy Ingredients.

SUGGESTED 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.

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

What is Highly Branched Cyclic Dextrin?

Modifying the molecular structure of starches like the amylopectin found in waxy maize, creates designer glucose polymers known as highly branched cyclic dextrin's (HBCDs). Increased molecular weight reduces osmolality in solution, speeding up the gastric emptying process. This ideal carb source; one which can pass through the stomach at a rapid pace providing a quick but also contain a sustained release of glucose into the blood stream.†

What is Carb10™?

Carb10™ is a major advancement in healthy, low-glycemic carbohydrates from Compound Solutions. Unlike maltodextrin-based supplements—which can cause unnatural spikes in blood-sugar levels (and the crashes or bloating that typically follow)—Carb10™ is a source of clean, sustained energy perfectly suited to the physical demands of dedicated athletes, busy professionals, and those attentive to maintaining a healthy weight.†

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Cluster Dextrin

Carb10®

Cluster Dextrin® is a trademark of Mitsubishi Ingredients. Carb10™ is a trademark of Compound Solutions

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