

JUST THE FACTS

50g PROTEIN

1,080 CALORIES

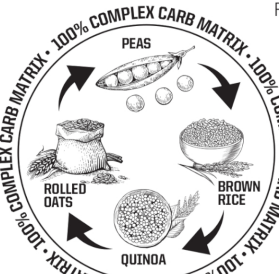
GLUTEN FREE

16g EAAs

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.†



First is a 100% complex carbohydrate blend containing ultra-low and low insulinemic Pea Starch carbohydrate, Rolled Oats and Quinoa. These complex carbs ensure a lower and more sustained release of glucose into the blood stream. In addition, this advanced carbohydrate matrix is infused with **Highly Branched Cyclic Dextrin (HBCD) and Carb 10™**, a special low-glycemic carb from Compound Solutions. Second is an Ultra-Premium protein matrix containing Whey Protein Isolate, Milk Protein Isolate, and Whey Hydrolysates. Third is a specially formulated lipid complex made up of medium chain triglycerides (MCTs) and natural flax-seed oil to help increase your body's metabolic activity.†

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

Cluster Dextrin

Carb10™

VANILLA 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	14%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 420mg	17%
Total Carbohydrate 200g	80%
Dietary Fiber 1g	4%
Sugars 15g	
Protein 50g	100%
Vitamin D 0mcg	0%
Calcium 455mg	35%
Iron 0.36mg	2%
Potassium 0mg	0%
Vitamin A	2%
Vitamin C	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, 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)), Natural & Artificial Vanilla Milk Shakes 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.

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

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