

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   | GLUTAMINE & GLUTAMIC ACID             | TYROSINE   |  |
| ISOLEUCINE   | ASPARTIC ACID             | CYSTINE    | ASPARTIC ACID                         | CYSTINE    |  |
| VALINE       | LYSINE                    | TRYPTOPHAN | LYSINE                                | TRYPTOPHAN |  |
|              | THREONINE                 | HISTIDINE  | THREONINE                             | HISTIDINE  |  |
|              | PROLINE                   |            | PROLINE                               |            |  |
|              | ALANINE                   |            | ALANINE                               |            |  |
| ARGININE     | SERINE                    |            | SERINE                                |            |  |
| METHIONINE   | PHENYLALANINE             |            | PHENYLALANINE                         |            |  |
| GLYCINE      |                           |            |                                       |            |  |

\*When used in conjunction with an exercise program.

INFORMED-CHOICE

Trusted by sport

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.

0 48107 18566 4

FPO

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\*

750 CALORIES

50g PROTEIN

11g BCAA

3g CREATINE MATRIX



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

CODE 386587 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)                   |               | Serving Size Four Level Scoops (205 g) |                 |
| Servings Per Container 13                                |               | Servings Per Container 13              |                 |
| Amount Per Serving                                       | % Daily Value | Amount Per Serving                     | % Daily Value   |
| Calories                                                 | 750           | <b>Creatine Matrix Blend</b>           | <b>3 g</b> *    |
| Total Fat                                                | 6 g 8%†       | Dicreatine Malate                      | 890 mg *        |
| Saturated Fat                                            | 4 g 20%†      | Creatine Ethyl Ester HCl               | 800 mg *        |
| Cholesterol                                              | 100 mg 33%    | Guanidinoacetate                       | 500 mg *        |
| Total Carbohydrate                                       | 123 g 45%†    | 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%    | <b>Micronized Amino Acids</b>          | <b>500 mg</b> * |
| Iron                                                     | 1.5 mg 8%     | Micronized Glutamine                   | 250 mg *        |
| Sodium                                                   | 390 mg 17%    | Micronized L-Arginine                  | 130 mg *        |
| Potassium                                                | 720 mg 15%    | Micronized L-Leucine                   | 120 mg *        |
| <b>Tri-MG Infusion™</b>                                  | <b>3 g</b> *  |                                        |                 |
| 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), MCT (Medium Chain Triglycerides), Natural and Artificial Flavors, Polydextrose, Lecithin, Citric Acid, Red 40 Lake, Acesulfame Potassium, Sucralose.  
CONTAINS: Milk and Soybeans.  
WARNING: Consult 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.  
Gluten Free.  
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.