

PESSCIENCE

14

Servings

40g

Protein

0

Maltodextrin

select

SMART MASS[†]

Taste the Quality | Select the Best

- Designed for Clean Mass Gains[†]
- Whey + Casein Protein Blend
- Smart Carbohydrate Sources[†]



For illustration purposes only

Amazing **GOURMET CHOCOLATE**
Naturally and Artificially Flavored

PROTEIN POWDER DRINK MIX

Net Wt (3.77 lbs) (1.71 kg)

DIRECTIONS: Mix one scoop of SELECT SMART MASS with ~16 oz cold water. Amount of water can be adjusted to meet your taste preference. To increase your protein intake per serving or to achieve a richer taste, use non-fat or low fat milk, or a milk substitute. Consume enough protein to meet your daily protein requirement through a combination of high protein foods and protein supplements.

Nutrition Facts

Serving Size: 1 Scoop (122 g)

Servings Per Container: 14

Amount Per Serving

Calories 440 **Calories from Fat 25**

% Daily Value*

Total Fat 3 g **6%**

Saturated Fat 1 g **6%**

Trans Fat 0 g

Cholesterol 50 mg **15%**

Sodium 460 mg **20%**

Total Carbohydrate 60 g **20%**

Dietary Fiber 3 g **10%**

Sugars 8 g

Protein 40 g **80%**

Vitamin A 2% **Vitamin C 0%**

Calcium 45% **Iron 11%**

* 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
Saturated Fat	Less than		20g	25g
Cholesterol	Less than		300mg	300mg
Sodium	Less than		2,400mg	2,400mg
Total Carbohydrate			300g	375g
Dietary Fiber			25g	30g

Calories per gram:
Fat 9 Carbohydrate 4 Protein 4

Ingredients: Pea Starch (Pisum Sativum) (as Carb10™), Whey Protein Concentrate, Milk Protein Isolate, Whole Oat Bran, Isomaltulose (as Palatinose®), Natural and Artificial Flavor, Alkalinized Cocoa Powder, Salt, Guar Gum, Sucralose, Acesulfame Potassium.

Contains milk and soy ingredients.

GLUTEN FREE

Is your mass gainer just a fat gainer?

SELECT SMART MASS – Bulk the right way

If you're reaching for a mass gainer, odds are you're either a hard-gainer (someone who finds it very difficult to add mass), or you just entered into a bulking phase of your diet. Good news, **you chose the right product.** Let us start by telling you the problems with the other mass/weight gainers on the market.

Low GI & Maltodextrin Free

Besides table sugar, maltodextrin is just about the cheapest carbohydrate source you can buy. It's also easy to flavor and mixes well. Because of this, other mass gainers make it their #1 carbohydrate source. Sometimes labeled as glucose polymers, maltodextrin clocks in with an extremely high glycemic index (GI) score of 105. Higher than sugar! If your goal is getting fat, then maltodextrin is for you.

Select Smart Mass only uses low-GI carbohydrates. Our three carbohydrate sources come from peas, oats, and Palatinose®. Our goal wasn't to jam as many dirty calories into a bag as possible. **We actually care about the results you see.** And we're guessing your goal isn't just to grow a gut.

No Added Fats

Typical weight gainers add fats to their formulas because fats are a great way to hike up calories. But guess what...you don't need to be paying for added fats. Fats are the easiest thing to add to your diet. Toss in a few tablespoons of olive oil if you are looking to add fat to your diet, but don't just drink a bunch of empty fat calories for no reason.

Whey & Casein Blend

Like Select Protein, Select Smart Mass uses **the smartest blend around**, a combination of both whey and casein protein. The combination delivers both a fast and slow release of amino acids, which has shown to be superior than just whey alone.[†]

**Choose your mass gainer wisely...
choose Select Smart Mass.**

Notice: Use this product as a food supplement only. Do not use for weight reduction.

This product is only intended to be consumed by healthy individuals over the age of 18. Pregnant or nursing women should not use this product without first consulting their physician. Discontinue use and immediately consult your healthcare professional if you experience any adverse reaction to this product. Do not use if safety seal 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.

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#SelectTheBest

