Why YOU Should Use Muscle Mass Gainer

To get BIG quickly, you need to consume lots of calories and protein.

The problem is that those desiring to gain weight have a tough time getting all the calories and nutrients they need from food alone.

- **Muscle Mass Gainer** was created by Labrada as an all-in-one protein shake for "hard gainers," those who find it hard, or next to impossible, to gain weight.
- **Muscle Mass Gainer** contains a highly-concentrated **1930 calories, 84 grams of protein,** and **315 grams of carbs** when mixed with 32oz of whole milk!
- **Muscle Mass Gainer** makes it easy for you to get lots of calories and the highest quality muscle-building protein for gaining weight fast, in one delicious shake.
- **Muscle Mass Gainer** contains no dextrose, sucrose, or corn syrup solids.
- **Muscle Mass Gainer** can be used as a meal, or as a post-workout drink. It's a high-calorie body building food fortified with muscle-building protein, carbohydrates, creatine and essential nutrients.

Lee Labrada
CEO/Founder Labrada Nutrition,
IFBB Pro Bodybuilding Hall of Fame

LEE LABRADA'S QUALITY GUARANTEE
"If it's on the label, it's in the bottle!"*
*This product is independent lab assayed for purity.

*For over 20 years, Labrada has performed independent third party product testing at analytical laboratories. With Labrada, you can be sure that your product meets label claim. "If it's on the label, it's in the bottle!"**

LABRADA®

MUSCLE MASS GAINER

WITH CREATINE

WITH 32OZ. WHOLE MILK:

1930 CALORIES

84g PROTEIN

315g CARBS

GLUTEN FREE

CHOCOLATE
Natural and Artificial Flavor

Net Wt 96 oz (6 lbs) / (2722 g)

Nutrition Facts

	FULL SERVING	HALF SERVING
Serving Size:	9 Scoops (341g)	4.5 Scoops (171g)
Servings Per Container:	8	16
Amount Per Serving		
Calories	1265	630
Calories from Fat	40	20
	% DV**	% DV**
Total Fat	4.5g 7%	2g 4%
Saturated Fat	2g 10%	1g 5%
Trans Fat	0g	0g
Cholesterol	60mg 20%	30mg 10%
Sodium	310mg 13%	155mg 7%
Potassium	300mg 8%	150mg 4%
Total Carbohydrate	254g 85%	127g 43%
Dietary Fiber	5g 20%	3g 10%
Sugars	20g	10g
Protein	52g 104%	26g 52%

Serving:	Full	Half	Serving:	Full	Half
Vitamin A	37%	19%	Vitamin C	33%	17%
Calcium	130%	65%	Iron	50%	25%
Vitamin D	75%	38%	Vitamin E	25%	13%
Thiamin	40%	20%	Riboflavin	45%	23%
Niacin	25%	13%	Vitamin B6	25%	13%
Folate	25%	13%	Vitamin B12	70%	35%
Biotin	25%	13%	Pantothenic Acid	25%	13%
Phosphorus	50%	25%	Iodine	50%	25%
Magnesium	50%	25%	Zinc	30%	15%
Copper	60%	30%			

** 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 per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Ingredients: Maltodextrin, Cross Flow Ultra-Micro Filtered Whey Protein Concentrate, Fructose, Natural & Artificial Flavors, Dutched Cocoa, Calcium Caseinate, Vitamin & Mineral Blend (Di-Calcium Phosphate, Magnesium Oxide, Ascorbic Acid, Vitamin E Acetate, Biotin, Niacinamide, Potassium Iodide, Zinc Oxide, Electrolytic Iron, Vitamin A Acetate, Copper Gluconate, D-Calcium Pantothenate, Vitamin D, Pyridoxine Hydrochloride, Riboflavin, Thiamin Mononitrate, Cyanocobalamin, Folic Acid), Whey Protein Isolate, Creatine Monohydrate, L-Glutamine, Ace-K, Sucralose, Milk Protein Isolate, Cellulose, Fibersol-2 (fiber).

Contains Milk and Soy (Lecithin).
Note: Soy lecithin helps the Muscle Mass Gainer powder to dissolve in water.

DIRECTIONS: Add 9 scoops of **Muscle Mass Gainer** to 32 oz. of milk or water, cover and blend until smooth. Or you may follow the bodyweight chart below:

BODYWEIGHT LBS.	DAILY WHOLE FOOD CALORIES	ADD (+) MASS GAINER CALORIES	RECOMMENDED SCOOPS
130 – 140	2700	560	4.0
150 – 160	3100	630	4.5
170 – 180	3500	700	5.0
190 – 200	3900	770	5.5
210+	4200	840	6.0

Muscle Mass Gainer may be taken right after a workout or any time of the day to increase protein and calorie intake.

Developed by and Manufactured for:
LABRADA NUTRITION®
333 Northpark Central Drive, Houston, Texas 77073
1.800.832.9948 www.labrada.com

MADE IN U.S.A.

7 10779 57020 7