

CHOCOLATE

MUSCLE BUILDER

premium gainer

Net Supplement (Net Wt. 5 lb. (2,270g))



GAIN



REJUVENATE



30 SERVINGS

52g PROTEIN PER 2 SERVINGS

580 CALORIES PER SERVING

41g CARBS PER SERVING



NO ARTIFICIAL FLAVORS



NO ARTIFICIAL SWEETENERS



NO ARTIFICIAL COLORS



NO ARTIFICIAL PRESERVATIVES

MUSCLE BUILDER

- Premium Muscle Building Carbs and Protein
- Efficient and Effective Muscle Fuel
- Great At Anytime During the Day
- Especially Useful as a Post-Workout Shake
- Recover Muscle Energy Quickly
- Delicious Flavor
- Great Mixability

DIRECTIONS: Mix 2 scoops (scoop included) with 8 ounces of water and ice in a blender or shaker. Blend or shake until smooth.

WHEN TO USE MUSCLE BUILDER:

ALL DAY
Use Muscle Builder any time food is not available. Dietitians and nutritionists recommend eating every 3 hours. Using Muscle Builder makes this possible and the result is a leaner body, more energy, alertness, and a fat-burning metabolism.

AFTER WORKOUTS

When trying to add muscle, one of the most important meals is after your workout. Take a serving of Muscle Builder to refill your depleted energy and provide the nutrients needed for quick and efficient recovery.

STORE IN A COOL, DRY PLACE

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.

MUSCLE BUILDER PROVIDES THE PERFECT CARBOHYDRATE AND WHEY PROTEIN FORMULA

to recover energy and spare protein for tissue growth. Muscle Builder is the prescription growth formula meal replacement for those looking to pack on quality mass.

Muscle doesn't grow in a gym. It grows in the days following the gym, provided you are eating meals consisting of a minimum of 60% carbs! With so much emphasis on protein, the importance of carbs is often overlooked. Until you're hungry and exhausted, muscle tissue recovers its glycogen (carb storage) and protein gets buried as energy rather than being left to repair and grow muscle. Ideally, you should be eating 4-6 balanced meals every day packed with nutrients if you want to build lean mass. Not only that, but if you want to make real and impressive gains, you must be consuming more calories than you are burning as energy. To means, to prevent loss and induce growth, your intense workouts must be followed up with intense nutrition for 48-72 hours. This is just not possible with food unless you can spend all day planning and preparing your meals. You will find any professional who is making real gains supplementing with Muscle Builder.

Supplement Facts

Serving Size: 76g (2 scoops)
Servings Per Container: 30

Amount Per Serving		Calories from Fat 25	
Calories 290		% Daily Value*	
Total Fat	2.5g		5%
Saturated Fat	1g		5%
Trans Fat	0g		
Polyunsaturated Fat	0g		
Monounsaturated Fat	0g		
Cholesterol	25mg		8%
Sodium	170mg		7%
Potassium	100mg		3%
Total Carbohydrate	41g		14%
Dietary Fiber	1g		6%
Sugars	14g		
Other Carbohydrates	24g		
Protein	26g		52%
Vitamin A	0%	Vitamin C	0%
Calcium	20%	Iron	2%
Riboflavin	2%	Chloride	6%
Magnesium	6%	Phosphorus	6%

* Percent Daily Values are based on 2000 calories. Your daily values may be higher or lower depending on your calorie needs.

INGREDIENTS: Whey Protein Concentrate, Maltodextrin, Fructose, Cocoa Powder, Natural Flavors.

ALLERGEN STATEMENT: Contains milk and soy (lecithin). Manufactured in a facility that also processes other products that contain eggs and peanuts.

SUGGESTED USE: As a dietary supplement, take 1-3 servings per day or as recommended by a physician or registered dietitian, to support a healthy diet.



MANUFACTURED IN THE USA

www.PowerBlendz.com

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