



Enhanced with MyoTOR® for improved strength & stamina***

CLINICALLY PROVEN TO:

- Accelerate results in as early as 2 weeks***
- Improve bench press by 30 lb. and leg extension by 22 lb.**
- Increase arm circumference and improve lean body mass**

*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.

^ When used in conjunction with an exercise program.

^An 8-week randomized, double-blind, placebo-controlled study of 118 healthy men participating in a supervised resistance training program showed that those taking MyoTOR® had significant increases in mean upper body strength (49.7 lb. vs. 19.4 lb.), mean lower body strength (42.1 lb. vs. 19.2 lb.) and muscle endurance after 8 weeks vs. those who took a placebo with the same exercise. Improvements in strength were seen in as early as 2 weeks. Men on MyoTOR® had greater improvements in muscle strength and upper body endurance vs. those who took a placebo but exercised twice as much.

♦An 8-week randomized, double-blind, placebo-controlled study of 40 healthy men participating in a voluntary exercise routine showed that those taking MyoTOR® had significant improvements in upper and lower body strength, muscle endurance, arm circumference and lean body mass vs. those on a placebo after 8 weeks. Improvements in strength were seen in as early as 2 weeks.



KEEP OUT OF REACH OF CHILDREN.
Store in a cool, dry place.

For More Information:
1-888-462-2548
GNC.com



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 220 banned substances on the 2020 World Anti-Doping Agency (WADA) Prohibited List via LGC skip lot testing protocol #ICP0307.

*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.



ADVANCED MUSCLE PERFORMANCE

MASS XXX™

CLINICALLY PROVEN STRENGTH AND MASS GAINER*

Improve Muscle Strength in as Early As 2 Weeks♦♦

Increase Lean Muscle Mass with 40% Fewer Sets***



VANILLA

NATURAL + ARTIFICIAL FLAVORS

800
CALORIES†

50g
PROTEIN†

650MG
MyoTOR®†

†Per 4 scoops

DIETARY SUPPLEMENT

NET WT 6 LB (96.1 OZ) 2724 G

13 SERVINGS

CODE 123405

CVG

DIRECTIONS: As a dietary supplement, mix 4 scoops (209.5 g) with 16 fl. oz. of cold water or your favorite beverage. 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 Scoops (209.5 g)
Servings Per Container 13

Amount Per Serving	% Daily Value
Calories	800
Total Fat	5 g 6%†
Saturated Fat	4 g 20%†
Cholesterol	100 mg 33%
Total Carbohydrate	127 g 46%†
Total Sugars	15 g *
Includes 5 g Added Sugars	10%†
Protein	50 g 100%†
Calcium	475 mg 37%
Iron	2 mg 11%
Sodium	600 mg 26%
Potassium	750 mg 16%

Amount Per Serving	% Daily Value
Power Plus Blend	6.15 g *
Betaine (as BETAPOWER®)	2.5 g
Creatine Blend (Micronized Creatine Monohydrate, Creatine Monohydrate)	2.5 g
MyoTOR® (Blend of Sphaeranthus indicus Flower Head Extract & Mangifera indica Bark Extract)	650 mg
Creatine Precursor Amino Blend (L-Arginine, L-Glycine, Micronized L-Methionine)	500 mg
Micronized Amino Acids	500 mg *
Glutamine (as Micronized L-Glutamine), Arginine (as Micronized L-Arginine), Leucine (as Micronized L-Leucine)	

† Percent Daily Values are based on a 2,000 calorie diet.
* Daily Value not established.

OTHER INGREDIENTS: Maltodextrin, Protein Blend (Whey Protein Concentrate, Calcium Caseinate, Soy Protein Isolate), Medium Chain Triglycerides, Natural and Artificial Flavors, Lecithin, Salt, Sucralose, Acesulfame Potassium.

CONTAINS: Milk and Soybeans.

Distributed by: General Nutrition Corporation, Pittsburgh, PA 15222 USA

⚠ WARNING: Cancer and Reproductive Harm – www.P65Warnings.ca.gov. Consult your physician prior to using this product if you are pregnant, nursing, under 18 years of age, taking medication, or have a medical condition. Discontinue use two weeks prior to surgery. Gluten Free.

NOTICE: Product sold by weight not volume. Significant product settling may occur. BETAPOWER® is a registered trademark of DuPont or its affiliates.

MyoTOR® is a trademark of PLT Health Solutions - Laila Nutraceuticals, LLC.
US Patent #9,907,825 and international patents pending.



THE ULTIMATE LEAN MASS BUILDER^^

Clinically Proven

Helps Increase Lean Muscle Mass, Weight, Strength & Stamina.*** With the addition of MyoTOR®, You Can See Rapid Results in As Early As Two Weeks***

Nutritional Foundation

The Right Amount of Carbs, Quality Proteins & Healthy Fats to Complement Your Training & Achieve Maximum Gains^*

Fast, Medium & Slow Digesting 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

Creatine Blend and Precursors

Includes Micronized and Non-Micronized Creatine + Ingredients Your Body Uses to Make Creatine to Help Improve Training Results & Support Muscle Protein Synthesis^*

Micronized Amino Acids

Faster Digesting, 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.