

Directions: As a dietary supplement to support massive muscle growth and recovery, use one serving (4 scoops) mixed with 16oz. of whole milk or water twice a day.

Supplement Facts

Serving Size: 4 Scoops (132g)
Serving Per Container: Approximately 7

Amount Per Serving		w/ 16 oz. Whole Milk ■		w/ Water	
Calories		802		Calories	
Calories from Fat		243		Calories from Fat	
		% Daily Value*		% Daily Value*	
Total Fat	27 g	42%†		Total Fat	11 g
Saturated Fat	20.5 g	103%†		Saturated Fat	2.5 g
Trans Fat	0 g			Trans Fat	0 g
Cholesterol	53 mg	21%†		Cholesterol	2 mg
Sodium	676 mg	28%†		Sodium	480 mg
Potassium	1718 mg	49%†		Potassium	1020 mg
Total Carbohydrate	80 g	27%†		Total Carbohydrate	58 g
Dietary Fiber	12 g	48%†		Dietary Fiber	12 g
Sugars	27 g			Sugars	1 g
Protein	62 g	124%*		Protein	46 g
Vitamin A	70%	Vitamin C	60%	Vitamin A	60%
Calcium	178%	Iron	56%	Calcium	123%
Vitamin D	109%	Vitamin E	61%	Vitamin D	60%
Thiamin	74%	Riboflavin	113%	Thiamin	60%
Niacin	63%	Vitamin B6	69%	Niacin	60%
Folic acid	60%	Vitamin B12	96%	Folic acid	60%
Biotin	60%	Pantothenic acid	78%	Biotin	60%
Phosphorus	156%			Phosphorus	112%

† Percent Daily Values are based on 2,000 calorie diet. Your diet values may be higher or lower depending on your calorie needs.

‡ Daily value not established

■ Nutritive reference values for whole milk were obtained from the USDA National Nutrient Database.

Ingredients: Mass Load™: Carbohydrate Blend (Barley, Oats, Oat Fiber), PROBOLIC®: Amino Acid Enhanced Sustained Release Protein Matrix [Supro® Soy Protein Isolate (with Calcium Phosphate and Lecithin), Calcium Caseinate, Whey Protein Concentrate, Leucine, Isoleucine, Valine], Safflower Oil Creamer (Safflower Oil, Corn Syrup Solids, Dipotassium Phosphate, Mono And Diglycerides, Sodium Caseinate (A Milk Derivative), Lecithin, Natural Flavor, Less Than 2% Silicon Dioxide (Anti-Caking Agent), And Tocopherols (To Help Protect Flavor)], Cocoa, Natural and Artificial Flavors, Lipid Complex: Medium Chain Triglycerides, Essential Fatty Acid Blend (Borage Seed Oil Powder (10% GLA), Conjugated Linoleic Acid (78% CLA), Evening Primrose Oil (4.8% GLA), Flaxseed Powder (8% ALA), Omega 3 complex (7.5% EPA & DHA)], Gum Blend (Xanthan Gum, Cellulose Gum, Carrageenan), Silica, Acesulfame Potassium, Salt, Vitamin Pre-mix (Ascorbic Acid, DL-Alpha-Tocopheryl Acetate, Retinyl, Palmitate, Niacinamide, Calcium Pantothenate, Cholecalciferol, Pyridoxine Hydrochloride, Riboflavin, Thiamin Mononitrate, Cyanocobalamin, Folic Acid, and Biotin), Sucralose, Banana Leaf Extract (*Lagostroemia Speciosa*).

Allergy information: Contains milk, soy and fish.

*These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

**Values represent 2 servings of Up Your MASS mixed with 32 total oz. of whole milk.

Amino Acid Profile

2 servings mixed with Whole Milk

Alanine	4,877 mg
Arginine	7,105 mg
Asparatic Acid	12,245 mg
Cysteine	1,397 mg
Glutamine*	26,477 mg
Glycine	4,245 mg
Histidine	3,165 mg
Isoleucine	7,005 mg
Leucine	9,521 mg
Lysine	6,921 mg
Methionine	2,085 mg
Phenylalanine	5,769 mg
Proline	8,269 mg
Serine	5,637 mg
Threonine	4,989 mg
Tryptophan	1,925 mg
Tyrosine	5,017 mg
Valine	7,345 mg
Total Amino Acids	124,000mg

Key Aminos Per Serving

Arginine	7,105 mgs
Glutamine*	26,477 mgs
BCAAs	23,871 mgs
Leucine	9,521 mgs

* As Glutamic Acid



powered by **Supro®** Supro® is a registered trademark of Solae LLC.

- Keep out of reach of children.
- Protect from heat, light and moisture.
- Store at 15°-30°C (59-86°F).
- Do not purchase if seal is broken.



62g Protein per serving!



up your

MASS™

The Most Powerful Weight Gainer Ever Developed*

- **Triggers Dramatic Gains in Hard, Dense Muscle Mass and Strength***
- **Sustained Release Probiotic® Protein Keeps You 100% Anabolic***
- **Optimizes Insulin Response for Maximum Muscle Growth***
- **124,000mg of 18 Highly Anabolic Aminos Per Day!*****

26g Glutamine*, 9g Leucine, 7g Arginine, 23g BCAAs**

**2 lbs. (908g)
Dietary Supplement**

**Gain 16 lbs.
of Rock-Hard Muscle
in 5 weeks! *^**

Fudge Brownie
naturally and artificially
flavored

The Most Powerful Weight Gainer Ever Developed!*

MHP brings the most advanced mass-packing technology to your nutritional program with Up Your MASS. The result of over 10 years of research and development, Up Your MASS is so powerful, it can pack 16 lbs. of muscle onto the frame of the hardest gainer in just 5 weeks!^ The superior quality and quantities of muscle building nutrients in Up Your MASS far outweigh those used in competitor weight gain formulas—you will never find another weight gainer that works as quickly and effectively as Up Your MASS!

45/35/20 Macrobiotic Nutrition Ratio
Creates the Perfect Metabolic and Hormonal Environment for Maximum Mass, Strength, Endurance and Recovery.*

Probiotic® Protein: The most advanced protein matrix ever developed, Probiotic® protein (Supro® soy protein isolate, whey concentrate, casein) feeds your muscles for up to 8 hours. The sustained release profile provides a quick, medium and slow release of muscle building amino acids for both fast and long-term nitrogen retention. Probiotic is loaded with mega amounts of Glutamine, Leucine, Branched Chain Amino Acids (BCAAs) and Nitric Oxide boosting Arginine in every serving—all of which are critical for muscle building, strength and recovery from workouts.*

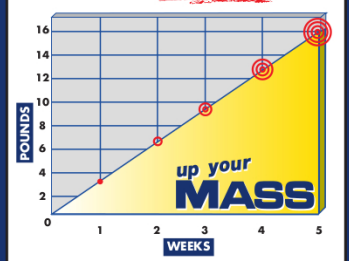
Mass Load™ Carbs: The type and quality of carbohydrates used in any weight gainer will determine the type and quality of mass you pack on. Only Up Your MASS contains Mass Load™, a unique agglomerate of carbohydrates (barley, oats and oat fiber) that optimizes the anabolic effect of insulin, allowing your body to build dense, high quality muscle mass. The advanced Mass Load carb blend also gives you sustained energy, fast glycogen replenishment and stabilized blood sugar levels. Unlike the competition, Up Your MASS is NOT loaded with maltodextrins and sugars (dextrose, sucrose)-that can increase fat stores.*

Lipid Complex: EFAs in Up Your MASS stabilize insulin release and improve nitrogen retention by slowing down carbohydrate and protein digestion. Both are key factors in building muscle quickly. Medium Chain Triglycerides (MCTs) provide an excellent source of energy and help preserve muscle glycogen, while clinically proven CLA is added to further increase lean mass.*

Tastes Great, Mixes Instantly!

Up Your MASS is the highest quality, best tasting weight gainer on the market today. It mixes instantly in a shaker (no blender required) with water or milk so you can feed your muscles high quality calories immediately after training—and throughout the day! Get on the road to maximum MASS with Up Your MASS!

Pack On 16 lbs. of Rock-Hard Muscle in 5 Weeks! *^



^ 2 daily servings of Up Your MASS will provide you with 11,228 extra calories per week of dense nutrition to help you pack on serious muscle. If your current caloric intake and workout regimen has you at a weight gaining roadblock, adding 11,228 calories of the superior nutrition found in Up Your MASS will allow you to pack on 3.2 pounds per week—continue for 5 weeks and you'll be 16 lbs. bigger and stronger than ever before!