

DIRECTIONS FOR IRON MASS™:

As a dietary supplement for supporting explosive muscle growth and recovery, mix one serving (3 scoops) of Iron Mass™ with 12-16 fl. oz. of cold water. Consume 1 to 3 times a day. Vary the amount of water to achieve your desired consistency and taste. To increase your protein intake per serving and achieve a delicious milkshake taste, instead of water use skim or low fat milk, or almond milk.

THE SMART WAY TO TRIGGER EXPLOSIVE MUSCLE GROWTH—FAST!

Arnold Schwarzenegger teamed up with MusclePharm® scientists and together they created a revolutionary weight gainer. It takes both calories and precise nutrient partitioning to create the muscle building environment an athlete needs. As a whole new kind of all-in-one Mass Gainer, this supplement addresses every angle of muscle building. It utilizes a 5-stage Mass Delivery System, comprised of advanced protein technology, elite complex carbs, healthy fats, cutting-edge performance ingredients and a balanced digestive blend—plus it's low in sugar and tastes delicious!

REVOLUTIONARY 5-STAGE MASS DELIVERY SYSTEM

Attacks Every Angle of Muscle Building!

1. ELITE COMPLEX CARBOHYDRATES MATRIX:

Quicker recovery & muscle building, giving muscles a skin-splitting look

2. MUSCLE PLASMA PROTEIN TECHNOLOGY:

40g of a potent blend of hydrolyzed beef protein and lactoferrin protein

3. HIGH PERFORMANCE HEALTHY FATS:

Blend of healthy fats (EFA's), MCT's and saturated fats which are essential for hormone production

4. PERFORMANCE GROWTH & MUSCLE VOLUMIZER:

Creatine and BCAA nitrates help promote muscular strength, size and endurance

5. PRO-DIGEST BLEND:

Special dietary fiber blend, aids with digestion of added protein, carbs and fat you need to GET BIG—AND STAY BIG

BETWEEN MEALS: Drink one serving (3 scoops) of Iron Mass™ between meals to maintain positive nitrogen balance and support a high-calorie diet.
POST-WORKOUT: Begin drinking one serving (3 scoops) of Iron Mass™ 30-60 minutes after finishing exercise to support maximum muscle growth and recovery.
BEFORE BED: Drink one serving (3 scoops) of Iron Mass™ about 30-60 minutes before bed to provide nutrients and feed anabolism throughout the night.
NOTE: For best results use Iron Mass™ combined with intense weight training (3-5 times per week), along with a sensible whole foods diet.

IRON MASS™ DELIVERS MORE OF WHAT YOU WANT AND LESS OF WHAT YOU DON'T:

QUALITY CALORIES, CUTTING-EDGE PROTEIN, COMPLEX CARBS, ADDED GOOD FATS, MORE TASTE, EXTRA FIBER—AND ZERO BS FILLERS.

Iron Mass™ includes the cutting-edge **Muscle Plasma Protein Technology.**

This potent combination of hydrolyzed beef protein and lactoferrin protein contains more bioactive protein and peptides with MORE THAN THREE TIMES the growth factor levels of whey protein. Its blend of EFAs (healthy fats), MCT's and saturated fats are essential for the body's hormone production. By increasing your healthy fat intake, you support testosterone production, which creates more lean muscle and, ultimately, gains in strength.

The elite carbohydrate performance and glycogen-loading system delivers high-energy complex carbs. Working with the advanced fat blend, it allows for quicker recovery and muscle building while also ensuring your glycogen levels don't spill out into body fat. This Elite blend of complex carbs also helps "pull" water into muscles to support fullness, pump and hardness to give your muscles that round, substantial, skin splitting look. Our performance blend of creatine and BCAA nitrates assists with promoting muscular strength, size, and endurance. Lastly, our special dietary fiber blend aids with the digestion of the added protein, carbs and fat needed for getting big—and staying big!



ARNOLD IRON MASS™
REVOLUTIONARY ALL-IN-ONE WEIGHT GAINER

NEW!

HIGH PERFORMANCE MASS BUILDING FUEL*

- SUPPORTS GAINS IN HARD, DENSE MUSCLE MASS AND STRENGTH*
- FEATURES:
"MUSCLE PLASMA PROTEIN TECHNOLOGY"
THE CUTTING-EDGE COMBINATION OF HYDROLYZED BEEF PROTEIN AND LACTOFERRIN PROTEIN*
- CONTAINS A BLEND OF HEALTHY FATS, COMPLEX CARBOHYDRATES & BCAA NITRATES*
- 40G PROTEIN, LOW SUGAR, GLUTEN-FREE*

CHOCOLATE MALT

NATURAL & ARTIFICIAL FLAVORS



DIETARY SUPPLEMENT
NET WT. 5 lb (2.27 kg)

Supplement Facts

Servings Size: 95g (1 scoop)

Servings Per Container: 24 (2.27kg/5lbs)

	Amount Per Serving	% DV*
Calories	485	
Calories From Fat	190	
Total Fat	21 g	41%
Saturated Fat	1 g	6%
Trans Fat	1 g	
Cholesterol	2 mg	1%
Sodium	240 mg	10%
Potassium	550 mg	27%
Total Carbohydrate	34 g	25%
Dietary Fiber	1 g	4%
Sugars	4 g	
Protein	40 g	72%
Iron Mass Proprietary Blend	71500 mg	**

Elite Complex Carbohydrates Matrix

Sweet Potato Powder, Barley Starch.

Muscle Plasma Protein Matrix

Hydrolyzed Beef Protein, Lactoferrin.

High Performance Healthy Fats Matrix

Sunflower Oil Powder, Whipped Cream Powder, MCT Powder (Medium-Chain Triglycerides from Coconut).

Performance Growth & Muscle Volumizer

Creatine Monohydrate, L-Glycine, BCAA Nitrates (Leucine, Iso-Leucine, Valine) (3.1.2 Patent Pending Ratio), D-Ribose.

Pro-Digest Blend

Protease, Lactase, Amylase, Lipase, Inulin, Fructooligosaccharides (FOS).

*Percent Daily Value (%DV) Based on a 2,000 Calorie Diet
**Daily Value (DV) Not Established

Other Ingredients: Glucose Polymers, Cocoa Powder, Natural and Artificial Flavors, Acesulfame Potassium, Sucralose.

ALLERGEN WARNING: This product was produced in a facility that may also process ingredients containing milk, egg, soybeans, shellfish, fish, tree nuts, and peanuts.

STORAGE CONDITIONS: Store in a cool dry place.

WARNING: This product is intended as a dietary supplement only. Do not use as a sole source of nutrition.

KEEP OUT OF REACH OF CHILDREN.

*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.