

PESSCIENCE

28

Servings

40 g

Protein

0

Maltodextrin

Smart Mass



Amazing **GOURMET VANILLA**

Naturally and Artificially Flavored

CLEAN GAINER[†]

Taste the Quality | Select the Best

- Designed for Clean Mass Gains[†]
- Whey + Casein Protein Blend
- Smart Carbohydrate Sources[†]

PROTEIN POWDER DRINK MIX

Net Wt (7.17 lbs) (3.25 kg)

Reseal & keep fresh

DIRECTIONS: Mix one scoop of SMART MASS with ~16 oz cold water. Amount of water can be adjusted to meet your taste preference. To increase your protein intake per serving or to achieve a richer taste, use non-fat or low fat milk, or a milk substitute. Consume enough protein to meet your daily protein requirement through a combination of high protein foods and protein supplements.

Nutrition Facts

Serving Size: 1 Scoop (116 g)
Servings Per Container: 28

Amount Per Serving			
Calories 420		Calories from Fat 20	
		% Daily Value*	
Total Fat 3 g			6%
Saturated Fat 1 g			6%
Trans Fat 0 g			
Cholesterol 50 mg			15%
Sodium 380 mg			15%
Total Carbohydrate 60 g			20%
Dietary Fiber 1 g			4%
Sugars 5 g			
Protein 40 g			80%
Vitamin A 2%		Vitamin C 0%	
Calcium 45%		Iron 6%	
* 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:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9	Carbohydrate 4	Protein 4	

Ingredients: Pea Starch (Pisum Sativum) (as Carb10™), Milk Protein Isolate, Whey Protein Concentrate 80%, Whole Oat Bran, Isomaltulose (as Palatinose®), Natural and Artificial Flavor, Salt, Guar Gum, Sucralose, Acesulfame Potassium, Digestive Enzyme Blend (Amylase (3,500 DU), Protease (21,000 HUT), Protease (4,000 PC), Alpha-Galactosidase (150 GalU), Glucosylase (9 AGU), Lactase (1000 ALU), Protease (50 SAPU), Invertase (400 SU), Lipase (500 FIP), Acid Maltase (14 MaltU), Peptidase (2 AP)

Contains milk and soy ingredients. GLUTEN FREE

Is your mass gainer just a fat gainer?

SMART MASS – Bulk the right way

If you're reaching for a mass gainer, odds are you're either a hard-gainer (someone who finds it very difficult to add mass), or you just entered into a bulking phase of your diet. Good news, **you chose the right product**. Let us start by telling you the problems with the other mass/weight gainers on the market.

Low GI & Maltodextrin Free

Besides table sugar, maltodextrin is just about the cheapest carbohydrate source you can buy. It's also easy to flavor and mixes well. Because of this, other mass gainers make it their #1 carbohydrate source. Sometimes labeled as glucose polymers, maltodextrin clocks in with an extremely high glycemic index (GI) score of 105. Higher than sugar! If your goal is getting fat, then maltodextrin is for you.

Smart Mass only uses low-GI carbohydrates. Our three carbohydrate sources come from peas, oats, and Palatinose®. Our goal wasn't to jam as many dirty calories into a bag as possible. **We actually care about the results you see.** And we're guessing your goal isn't just to grow a gut.

No Added Fats

Typical weight gainers add fats to their formulas because fats are a great way to hike up calories. But guess what...you don't need to be paying for added fats. Fats are the easiest thing to add to your diet. Toss in a few tablespoons of olive oil if you are looking to add fat to your diet, but don't just drink a bunch of empty fat calories for no reason.

Whey & Casein Blend

Like Select Protein, Smart Mass uses **the smartest blend around**, a combination of both whey and casein protein. The combination delivers both a fast and slow release of amino acids, which has shown to be superior than just whey alone.*

**Choose your mass gainer wisely...
choose Smart Mass.**

Notice: Use this product as a food supplement only. Do not use for weight reduction.

R.3

This product is only intended to be consumed by healthy individuals over the age of 18. Pregnant or nursing women should not use this product without first consulting their physician. Discontinue use and immediately consult your healthcare professional if you experience any adverse reaction to this product. Do not use if safety seal is broken or missing.

[†] 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.

Carb10™ is a trademark of Compound Solutions, Inc.

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#SelectTheBest

