

PRODUCT INFO/WARNINGS

CAUTION - READ ENTIRE LABEL BEFORE CONSUMING!

DIRECTIONS:

Suggested Use: Consume 1-1.5 grams of protein per pound of body weight through a combination of KING MASS XL™, high protein foods, and other whole food calorie sources. It is best to consume your protein intake over several smaller meals spread out evenly throughout the day. For optimal results, KING MASS XL™ should be used in conjunction with a weight training program along with proper rest under the supervision of a professional.*



Blender - Mix 2-4 scoops of KING MASS XL™ with 20-40oz of water or milk. Cover and blend for 20-30 seconds. If desired, add ice cubes, fruit, peanut butter, etc.



Shaker - Mix 1 scoop of KING MASS XL™ for every 8-10oz of water or milk. Shake vigorously for 30 seconds.

WARNINGS: KEEP OUT OF REACH OF CHILDREN. Before taking KING MASS XL™ or any dietary supplement seek advice from your physician if you are unaware of your current health condition, have any pre-existing medical condition(s), taking any medication(s), planning any medical procedure, pregnant, nursing or contemplating pregnancy. Reduce or discontinue use if you have any adverse reactions such as but not limited to gastrointestinal irritation. KING MASS XL™ is only intended to be used by healthy adults 18 years of age and older. Keep out of reach of children and pets.

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

Manufactured Exclusively For Ronnie Coleman Signature Series
Boynton Beach, Florida

www.RONNIECOLEMAN.net • 888-854-3316

Warning: Manufactured on equipment which processes products containing milk, egg, soybeans, shellfish, wheat, and tree nuts.

MANUFACTURED IN THE USA AT CGMP FACILITY
KMDC1-01-B

GAIN KING SIZE MASS!

MASS

In order for your muscles to **GROW** you need to supply them with enough **PROTEIN** to get the job done. KING MASS XL™ packs a massive **60G** of protein per serving to help keep your muscles **FED** and in an **ANABOLIC** state.*

DRINKABILITY

Getting all of the quality **CALORIES** you need in one shake without being able to SLUG it down just doesn't cut it. The KING MASS XL™ flavor system delivers a **MILKSHAKE** taste with seamless mix-ability every time making slamming down your shake a **TREAT** not a **CHORE**.*

HIGH PROTEIN

Making the scale go up is all about taking in more **CALORIES** than you burn but it's also important to get the **RIGHT** kind of calories. KING MASS XL™ hits you with **1000 GROWTH ACCELERATING** calories per serving providing **60G** of quality protein, **180G** of carbs (only 25 sugars) & healthy fats.*

RECOVERY

In your pursuit of **KING-SIZED MASS** you will be hitting the iron like a **BEAST!** That means you will need **KING-SIZED RECOVERY**. Flooding your muscles with the protein and carbs in KING MASS XL™ may support your insulin response leading to more **GLYCOGEN** storage and recovery preparing you for your next brutal workout.*



PRODUCT



AUTHENTIC

MASS* • MEAL REPLACEMENT* • WEIGHT GAIN* • RECOVERY*

Ronnie Coleman
SIGNATURE SERIES™

XL™

KING MASS

Super Anabolic Growth Accelerator*

182 GRAM CARB MATRIX**
60 GRAMS PROTEIN**
1030 CALORIES**

44 KING SIZED SCOOPS
DELICIOUS MILKSHAKE TASTE
CREATINE & GLUTAMINE ENHANCED

Dark Chocolate

** PER MAX DOSE

DARK CHOCOLATE

DIETARY SUPPLEMENT* • NET WT. 6LBS

"THE ONLY SUPPLEMENTS GOOD ENOUGH TO HAVE MY NAME ON THEM"

NUTRITION FACTS

Servings Per Container: 11(44 Scoops)
Serving Size: 2 Scoops (125g) 3 Scoops (188g) 4 Scoops (250g)

Amount Per Serving	% DV [†]	% DV [†]	% DV [†]
Calories	515	775	1030
Calories from Fat	30	45	60
Total Fat	3.25 g 5%	5 g 8%	6.5 g 10%
Saturated Fat	1.25 g 6.5%	2 g 10%	2.5 g 13%
Trans Fat	0 g	0 g	0 g
Monounsaturated Fat	.85 g 4.5%	1.5 g 7%	1.7 g 9%
Cholesterol	1.5 mg .5%	2.5 mg 1%	3 mg 1%
Sodium	85 mg 3.5%	128 mg 5%	170 mg 7%
Potassium	580 mg 29%	870 mg 44%	1160 mg 58%
Total Carbohydrates	91 g 70.5%	137 g 106%	182 g 141%
Dietary Fiber	1 g 4%	1.5 g 6%	2 g 8%
Sugar	12.5 g ‡	18.75 g ‡	25 g ‡
Protein	30 g 53.5%	45 g 80%	60 g 107%
Vitamin A	0%	0%	0%
Vitamin C	.5%	.75%	1%
Calcium	9%	13.5%	18%
Iron	13%	19%	25%
Vitamin E	1%	1.5%	2%
Thiamin	6%	8%	11%
Riboflavin	24%	36%	48%
Niacin	1%	1.5%	2%
Vitamin B6	7%	10%	13%
Vitamin B12	.5%	.75%	1%
Pantothenate	14%	21%	28%
Phosphorus	19%	28%	37%
Magnesium	12%	18%	24%
Zinc	6%	8.5%	11%

[†] Percent Daily Values are based on a 2,000 calorie diet.

‡ Daily Value Not Established.

Ingredients: Coleman Sustained Delivery Energy Matrix (Maltodextrin, Fructose, Waxy Maize), Coleman Complete Protein Matrix (Whey Protein Concentrate, Whey Protein Isolate, Milk Protein Isolate, Micellar Casein), Coleman Enhanced AminoMatrix (L-Glycine, Creatine Monohydrate, L-Glutamine, L-Leucine, L-Isoleucine, L-Valine), Cocoa Powder, Coleman Lipid Matrix (Sunflower and/or Soy Oil, CLA (Encapsulated Conjugated Linoleic Acid), Medium Chain Triglycerides (From Coconut), Flax Seed Oil Powder), Natural & Artificial Flavors, Suspension Matrix (Xanthan Gum, Cellulose Gum, Carrageenan), Caramel Color, Acesulfame Potassium, Sucralose.

BIG RON'S MASS GAIN MEAL PLAN™

MEAL 1 -	2-4 Scoops KING MASS XL™ 1 Banana Blended In
PRE-WORKOUT -	1 Scoop of MYO-BLITZ™ 1 Scoop of TESTOGEN-XR™ 1 Serving STACKED-N.O.™
INTRA-WORKOUT -	1 Scoop of AMINO-TONE™
MEAL 2 -	POST-WORKOUT SHAKE - 1-2 Scoops of ISO-TROPIC MAX™
MEAL 3 -	2 Cups of liquid egg whites scrambled 2 Cups of grits 4 Slices of fat free cheese
MEAL 4 -	2 Chicken breasts 1 Cup rice 1 Cup of red beans 2 Slices of cornbread
MEAL 5 -	5 Ounces chicken breasts 5 Ounces filet 1 dry baked potato Small serving of French fries
MEAL 6 -	12 Ounces filet butterflyed 1 Cup of rice
MEAL 7 -	2-4 Scoops KING MASS XL™ 2 Tbs Natural Peanut Butter
BEFORE BED -	1 Scoop of RESURRECT-P.M.™

™ This food plan was not created by a dietician and should only be used as an example. Be sure to clear any diet with your doctor or dietician first.