

ELEVATE YOUR PERFORMANCE™

Suggested Use for MAX MASS: MAX MASS is a hard-core weight-gain supplement that can be used to feed serious calorie needs in a variety of different ways.

Between Meals: Drink 1/3 - 1/2 serving of MAX MASS between meals to maintain positive nitrogen balance and support a high-calorie diet. **Post-Workout:** Begin drinking 1/2 serving of MAX MASS 30-45 minutes following exercise to support maximum recovery.

Before Bed: Drink 1/3 - 1/2 serving of MAX MASS about 45-60 minutes before bed to provide nutrients to recovering muscle throughout the night. Taking a full serving of MAX MASS at once may be too much for most people.

For best results use MAX MASS combined with intense weight training (3-5 times per week) and a sensible whole foods diet. Allowing at least 48 hours between workouts involving the same body part is recommended.



CUSTOMER SERVICE HOTLINE
1.800.808.8800
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50g
PROTEIN
per serving

1000
NUTRIENT - PACKED
CALORIES
per serving

160+
COMPLEX & SIMPLE
CARBS
per serving

GLUTEN FREE
WHEAT FREE
GMO FREE



Performance Series

MAX

MASS™

50g
PROTEIN
per serving

1000
NUTRIENT - PACKED
CALORIES
per serving

160+
COMPLEX & SIMPLE
CARBS
per serving

GLUTEN FREE
WHEAT FREE
GMO FREE

8lbs (3628.7g)

DIETARY SUPPLEMENT



Nutrition Facts

Serving Size: 7 Rounded Scoops (245g)
Servings Per Container: 15

Amount Per Serving	% Daily Value*
Calories 1000	Calories from Fat 35
Total Fat 4g	5%
Saturated Fat 3g	14%
Cholesterol 125mg	40%
Sodium 735mg	33%
Potassium 1890mg	54%
Total Carbohydrate 165g	50%
Dietary Fiber 2g	10%
Sugars 59g	
Protein 50g	

Vitamin A 0% • Vitamin C 6%
Calcium 60% • Iron 4%

*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
Potassium	3,500mg	3,500mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: Whey Protein Concentrate, Maltodextrin, Creatine, Natural and Artificial Flavor, Citric Acid, Malic Acid, Beetroot Color, Acesulfame Potassium, Sucralose, Enzyme Complex (Amylase, Protease, Cellulase, Beta-D-Galactosidase, Lipase).

Typical Amino Acid Profile

Alanine	1,162mg
Arginine	655mg
Aspartic Acid	2,135mg
Cysteine	357mg
Glutamic Acid/Glutamine	4,072mg
Glycine	462mg
Histidine	351mg
Isoleucine	1,360mg
Leucine	2,397mg
Lysine	1,894mg
Methionine	433mg
Phenylalanine	606mg
Proline	1,414mg
Serine	1,107mg
Threonine	1,511mg
Tryptophan*	205mg
Tyrosine	557mg
Valine	1,178mg

*Tryptophan in this product is naturally occurring.
** Daily Value (DV) not established.

ALLERGEN STATEMENT: THIS PRODUCT CONTAINS INGREDIENTS DERIVED FROM MILK AND SOY.

NOTICE: Use this product as a food supplement only. Do not use for weight reduction. If you are not satisfied with this product in any way, please contact CUSTOMER SERVICE at 800-808-8800

Allergen Warning: Manufactured on equipment which processes products containing milk, egg, soy beans, fish oil, tree nuts, and peanut flavor.

† 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.



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STRAWBERRY