LEAN MASS GAINS: OVER 1,000 CALORIES PER SERVING!

1010 CALORIES PER SERVING

UNIVERSITY RESEARCH-BASED SCIENCE FOR MAXIMUM MASS*:

QUICKMASS® Packs 1010 MASS-BUILDING CALORIES into every serving in cold water, no milk required! During one 8-week Gold-Standard (double blind, placebo-controlled) study conducted at California State University, test subjects provided with the same calorie content as 2 servings of QUICKMASS® per day gained 4.5 times as much fat-free mass and increased chest size by 1 inch.

MASSPRO™

64 G of SUSTAINED RELEASE PROTEIN TO BUILD MASS*:

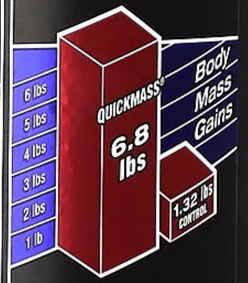
MASSPRO™ creates a rapid and sustained delivery of MUSCLE-BUILDING proteins that work continuously all day to help you RECOVER and GROW. Power up your MUSCLE PROTEIN SYNTHESIS and FUEL your LEAN MASS GAINS!

Carb Plex™ 3:1 CARB:PRO

OPTIMAL 3:1 CARB TO PROTEIN RATIO:

CARBPLEX™ provides the calories your body needs to grow ALL DAY with NO SUGAR ADDED! CARBPLEX™ absorbs up to 20 times more slowly than sugar providing the ultimate MASS FUEL for your gains! The QUICKMASS® carbohydrate blend is powered by healthy, long-chain and complex carbohydrates such as sweet potato, rolled oats and quinoa along with scientifically studied and tested carbs like Cyclo-D and Soluble Corn Fibre, a natural prebiotic.

GAIN IN TOTAL BODY MASS IN 8 WEEKS



In a **GOLD-STANDARD 8-WEEK** study performed at California State University, test subjects consuming the nutrient equivalent in 2 servings of QUICKMASS® daily, gained an average of 6.8 lbs of Total Body Mass.

For more product information, visit ALLMAXNUTRITION.com

UNSURPASSED ALLMAX QUALITY GUARANTEE

UNSURPASSED: THE ALLMAX™ QUALITY GUARANTEE

Every ingredient added and every lot produced is laboratory-tested for purity and potency to ensure consistent product quality and integrity every time, guaranteed. **QUICKMASS®** goes through the exclusive ALLMAX 5-Stage Quality Testing protocol. In fact, we're so confident in the quality of our product that it's completely guaranteed. Test our product; we guarantee it passes every time or we pay for your testing and refund your purchase. You won't find anyone else willing to stand behind their product with this guarantee.

CLEAN FOR ATHLETES BANNED SUBSTANCE FREE

This product contains no WADA banned ingredients. This is validated by in-market random testing managed by an independent 3rd party – Informed Choice. Test result details can be viewed at www.CleanForAthletes.com.

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

CLEAN FOR ATHLETES BANNED SUBSTANCE FREE

ALLMAX®

SCIENCE • INNOVATION • QUALITY • RESULTS

AM PM POST

64 GRAMS PROTEIN PER 4 SCOOP SERVING (2)

RAPID MASS GAIN CATALYST*

QUICKMASS®

University-Based LEAN MASS Research

- Gain Lean Body Mass Fast*
- 1010 Nutrient-Dense Calories*
- 24 Added Vitamins and Minerals

10 10 CALORIES | ZERO SUGARS ADDED | 3:1 CARB:PRO

6 LBS Net Wt 2.72 kg (96 oz) | DIETARY SUPPLEMENT NATURAL & ARTIFICIAL FLAVORS

Strawberry-Banana

Sweetened with Sucralose.

Tested by Informed Choice

SUGGESTED USE: Blend, Mix or Shake 1 to 4 rounded scoops (67 g to 267 g) with 4 oz (120 ml) of cold water per scoop. For 4 scoops, 16 oz (500 ml) should be used. Add the water first, then QUICKMASS® when preparing. For best results, it is recommended to take 4 rounded scoops twice daily for an 8-week period. As an option, cold milk can be used instead of water, but it is not required.*

Rapid Mass Gain Phase*

Rapid Mass Gain Phase is ideal for those looking to put quality mass on fast.*

USAGE: 4 scoops rounded twice daily, take the first serving between your first and second meal; and your second serving immediately following training.

Mass Maintain Phase* to

The Mass Maintain Phase is ideal for those who have already completed the Rapid Mass Gain Phase and have reached their target weight but now want to maintain their gains.*

USAGE: 1 to 2 rounded scoops twice daily, take the first serving between your first and second meal; and your second serving immediately following training.

Supplement Facts

Serving Size: / Servings:	Per 4 Scoops (267 g‡) Per Container ~10		Per 1 Scoops (67 g‡) Per Container ~41	
	Amount	% Daily Value	Amount	% Daily Value
Calories	**1010**		**250**	
Total Fat	**8 g**	**10%Δ**	**2 g**	**3%Δ**
Saturated Fat	6 g	30%Δ	1.5 g	8%Δ
Cholesterol	**180 mg**	**60%**	**45 mg**	**15%**
Total Carbohydrate	**170 g**	**62%Δ**	**40 g**	**15%Δ**
Dietary Fiber	3 g	11%Δ	1 g	4%Δ
Total Sugars	12 g	†	3 g	†
Added Sugars	0 g	0%Δ	0 g	0%Δ
Protein	**64 g**		**16 g**	
Vitamin A (as Vitamin A Palmitate)	350 mcg	39%	90 mcg	10%
Vitamin C (as Ascorbic Acid)	100 mg	111%	25 mg	28%
Vitamin D (as Cholecalciferol)	10 mcg	50%	2.5 mcg	13%
Vitamin E (as d-Alpha Tocopheryl Acetate)	10 mg	67%	2.5 mg	17%
Thiamin (as Thiamine Hydrochloride)	1.5 mg	125%	0.4 mg	33%
Riboflavin (as Riboflavin)	1.8 mg	138%	0.4 mg	31%
Niacin (as Niacinamide)	20 mg	131%	5 mg	31%
Vitamin B6 (as Pyridoxine HCl)	2 mg	118%	0.5 mg	29%
Folate (as Folic Acid)	260 mcg DFE	65%	65 mcg DFE	16%
Vitamin B12	8.6 mcg	358%	2.2 mcg	92%
Biotin (as Biotin)	50 mcg	167%	12 mcg	40%
Pantothenic Acid (as Calcium D-Pantothenate)	6 mg	120%	1.5 mg	30%
Calcium (as Tricalcium Phosphate)	550 mg	43%	140 mg	11%
Iron (as Ferrous Gluconate)	6.2 mg	34%	1.6 mg	9%
Phosphorus	370 mg	30%	90 mg	7%
Iodine (as Potassium Iodide)	75 mcg	50%	19 mcg	13%
Magnesium (as Magnesium Oxide)	180 mg	43%	45 mg	11%
Zinc (as Zinc Oxide)	10.4 mg	95%	2.6 mg	24%
Selenium (as L-Selenomethionine)	50 mcg	91%	12 mcg	22%
Copper (as Copper Gluconate)	1.7 mg	189%	0.4 mg	44%
Manganese (as Manganese Gluconate)	2 mg	87%	0.5 mg	22%
Chromium (as Chromium Picolinate)	30 mcg	86%	8 mcg	23%
Molybdenum (as Molybdenum Aminoate)	75 mcg	167%	19 mcg	42%
Sodium	230 mg	10%	60 mg	3%
Potassium	580 mg	12%	140 mg	3%

Δ Percent Daily Values are based on a 2,000 calorie diet. ‡ Daily values not established.

QUICKMASS® PROTEIN PROFILE

PER 4 SCOOP SERVING

- 100% COMPLETE WHOLE PROTEIN SOURCE
- ZERO NON-PROTEIN AMINO ACIDS

Essential Amino Acids (EAA)	
Branched-Chain Amino Acids (BCAA)	
L-Leucine	6540 mg
L-Valine	3990 mg
L-Isoleucine	4360 mg
L-Histidine	1160 mg
L-Lysine	5900 mg
L-Methionine	1370 mg
L-Phenylalanine	2020 mg
L-Threonine	4760 mg
L-Tryptophan	1240 mg
L-Alanine	3260 mg
L-Arginine	1610 mg
L-Aspartic Acid	6130 mg
L-Cysteine	1320 mg
L-Glutamic Acid	10450 mg
L-Glycine	1200 mg
L-Proline	4080 mg
L-Serine	2740 mg
L-Tyrosine	1830 mg

Typical Amino Acid Profile is naturally occurring from 100% Whole Protein Sources and may vary slightly.

WARNINGS: Use only as directed. Ensure to adequately hydrate before, during, and after exercise. Consult a health care practitioner prior to use if: you are pregnant or breastfeeding; you have liver or kidney disease; you have ulcers; you are taking aminosalicylic acid, anti-inflammatory agents or antibiotics; or before having surgery. Contains milk by-products / derivatives. Hypersensitivity / allergy has been known to occur; if this occurs, discontinue use. Take with food / meal. May result in weight gain. Do not use if inner seal is broken. Store in a cool, dry place. Keep out of reach of children.

CALIFORNIA WARNING: Lead is known to the State of California to cause birth defects or reproductive harm. Consuming this product can expose you to more than 0.0000005 g of lead. For more information go to www.P65Warnings.ca.gov.

ALLERGEN WARNING: Contains Milk (whey), Coconut (oil), Wheat, Soy (lecithin). Produced in a facility that also handles egg, peanuts, tree nut, fish, crustaceans and shellfish products.

† Due to natural variations in product density, resulting from settling and / or humidity, the values are approximate. Shake product before use. Product is sold by weight and serving size is on an "as dry" basis.

INGREDIENTS: MASS COMPLEX [Medium & Long Chain Maltodextrin Complex, Cyclo-D™ (Highly-Branched Cyclic Dextrin), Waxy Maize Starch, Sweet Potato Powder, Oat Fiber, Quinoa Flour], **PROTEIN BLEND** [Whey Protein Concentrate, Milk Protein Isolate, Whey Protein Isolate], **PREBIOTIC** [Soluble Corn Fiber], **ENZYME BLEND** [Protease, Bromelain], Natural and Artificial Flavors, Creamer [Coconut Oil, Soluble Corn Fiber, Sodium Caseinate, Sunflower Lecithin, Silicon Dioxide], Soy Lecithin, Silicon Dioxide, Citric Acid, Natural Color [Beetroot Red (*Beta vulgaris*, Root) Powder], Sucralose, Coconut Milk Powder.

HBS Healthy Body Services

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