

66g Protein - 25g Glutamine & BCAAs**



MASS-PEAK™

#1 Rated Weight Gainer*

Weight Gain - Muscle Growth - Recovery*

Formulated For Pro, College and High School Athletes*

Formulated With Zero Banned Substances***

Dietary Supplement

8.8 lbs (4 Kg) net wt

Chocolate
Naturally and Artificially Flavored

WHY YOU NEED MASS-PEAK™: The higher your training (exercise) intensity, the faster you deplete your body of carbohydrates (glucose and glycogen), amino acids (the building blocks of protein), fat (triglycerides, consisting of fatty acids and glycerol), water and electrolytes (e.g. sodium, potassium). Your body's #1 and #2 nutritional priorities are, in order, replacing carbohydrates and amino acids. Failure to replace carbohydrates can cause your body to catabolize (break down) muscle tissue resulting in serious losses of muscle mass, strength, speed and power. The MASS-PEAK formula mixes up with water or milk to create a delicious shake that begins addressing your body's #1 and #2 priorities the instant you swallow it. Each serving drives lean carbohydrate (102 g) and protein calories (50 g) into your tired muscles accompanied by Essential Fatty Acids (EFAs), Medium-Chain Triglycerides (MCTs) (for fast energy) and Conjugated Linoleic Acid (CLA) (to preserve lean mass). The combined effect is to allow you to gain muscle mass, speed and strength incredibly faster and keep every pound of it thereafter. This protects and enhances your ability to sustain higher muscular forces at higher speeds, also known as "speed X strength", or power. And when it comes to performance, power is what defines a great athlete.

THIS IS A SPORTS FOOD SUPPLEMENT STRICTLY INTENDED FOR USE IN CONJUNCTION WITH A CALORIE AND NUTRIENT ADEQUATE DIET AND A STRUCTURED EXERCISE PROGRAM. NOT SUITABLE FOR CHILDREN UNDER 15 YEARS OR PREGNANT WOMEN. CONSULT WITH A MEDICAL DOCTOR BEFORE USING IF YOU ARE UNAWARE OF YOUR HEALTH STATUS OR YOU HAVE A MEDICAL CONDITION.

Manufactured at an EU
Certified Facility
Product of USA
Manufactured at a
GMP Registered Facility

Distributed in Europe by Inner Armour Europe
Rose Green Road
Fishponds, Bristol, UK
0044 (0) 1179355554

Distributed in Australia by Nutrition Systems
9 Foundry Street
Maylands, WA, 6051
AUSTRALIA
1 300 883 523

Manufactured for and Distributed by
W Nutrition, Inc.
Cape Coral, FL
www.innerarmour.com

CARBOGEN® is a Registered
Trademark of Triarco Industries.
CARBOGEN® is protected by
U.S. Patent No. 5,817,350

AMINOGEN® is a Registered
Trademark of Triarco Industries.

AMINOGEN® is protected by
U.S. Patent No. 5,387,422



***Our products are formulated without the use of substances banned by the FDA and leading sports organizations.

*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.

Supplement Facts

Serving Size: 4 Scoops (173g)		Servings Per Container: approximately 23	
Amount Per Serving	% Daily Value	% Daily Value	
	with Water	with 2 cups Whole Milk**	
Calories	671	963	
Calories from Fat	63	207	
Total Fat	7 g 10%**	23 g	35%**
Saturated Fat	2 g 10%**	20 g	100%**
Trans Fat	0 g	0 g	
Cholesterol	75 mg 25%**	126 mg	42%**
Calcium	325 mg 32%**	877 mg	88%**
Sodium	95 mg 4%**	291 mg	12%**
Potassium	280 mg 8%**	978 mg	28%**
Total Carbohydrate	102 g 34%**	124 g	41%**
Dietary Fiber	0 g 0%**	0 g	0%**
Sugars	3 g †	29 g	†
Protein	50 g 100%**	66 g	132%**

**Percent Daily Values are based on a 2,000 calorie diet. Your diet values may be higher or lower depending on your calorie needs.

† Daily value not established.

MASS-PEAK #1 Rated Weight Gainer*

Ingredients:

Carbo MASS™: Branched and Linear Chain Carbohydrate Restoration Complex (containing alpha-(1,4) linked Glucose Polymers), Glucose Transport and Lean Tissue Support Complex (containing Chromium Picolinate and Cinnulin-PF® (Aqueous Cinnamon Extract) (Bark)), Carbogen® (Patented Carbohydrate Maximizing Enzyme Complex).

ProNitro 7™: Grade A Full Spectrum Bioactive Whey Protein Complex (containing Whey Protein Concentrate, Whey Protein Isolate with naturally occurring critical bioactive compounds including di, tri and oligo peptides, beta-lactoglobulin, alpha-lactalbumin, serum albumin, and immunoglobulins), Micellar Casein Phosphoprotein Complex (containing Alpha, Beta and Kappa Casein), Milk Protein Isolate (containing 80% Casein and 20% Whey protein fractions), AminoGen® Elite Amino Acid Spiking Polypeptide Complex (containing AminoGen® (Patented Protein Maximizing Enzyme Complex) and Proteolytic Enzymes).

Omega 3-MCT™: Flax Seed Powder (containing omega 3 (alpha-linolenic acid (ALA)), omega 6 (linoleic acid (LA)), omega 9 (oleic acid (OA)) and lignans), MCT's (Medium Chain Triglycerides, Safflower (naturally containing CLA (conjugated linoleic acid)).

MASS-PEAK

Amino Acid Profile

2 Servings With Whole Milk

132,000mg of Amino Acids

Including:

24g Glutamine¹

25g BCAAs (Leucine, Isoleucine and Valine)

¹as Glutamic Acid

Other Ingredients: Cocoa, Xanthan Gum, Salt, Natural and Artificial Flavors, Acesulfame K and Sucralose®.

Directions: As a dietary supplement, mix 4 scoops with 14-16 oz of water or milk depending on your desired consistency. Use approximately 3.5-4oz of liquid for each scoop of MASS-PEAK. Additional servings may be used to meet your daily calorie and nutritional requirements.

Keep out of reach of children.

Store at 15-30°C (59-86°F).

Protect from heat, light and moisture.

Do not purchase if seal is broken.

IA Parisi MASSPEAK Choc USA 7/09

