

1200 CALORIE MASS GAINER FORMULA

AM TRAINING:

- 6:00 am** MEAL
Lean Protein, Complex Carbs, Vegetable, Water
- 6:30 am** PRIMER SUPPLEMENT
6 NITRIX® 2.0 Tablets
- 7:00 am** PRE-TRAINING SUPPLEMENT
1-2 Scoops of N.O.-XPLODE™ 2.0
- 7:30 am** TRAINING
0-10 MINUTES POST-TRAINING
1 Scoop of CELLMASS® 2.0
20-30 MINUTES POST-TRAINING SHAKE
2 Scoops of TRUE-MASS® 1200
Simple Carbohydrates
- 10:30 am** MEAL
Lean Protein, Complex Carbs, Vegetable, Water
- 1:00 pm** MEAL
Lean Protein, Complex Carbs, Vegetable, Water
- 4:00 pm** MEAL
Lean Protein, Complex Carbs, Vegetable, Water
- 7:00 pm** MEAL
Lean Protein, Complex Carbs, Vegetable, Water
- 9:30 pm** SUPPLEMENT
1 Scoop of CELLMASS® 2.0



TRUE-MASS® 1200

CALORIES PER SERVING	NATURALLY OCCURRING ESSENTIAL AMINO ACIDS PER SERVING	NATURALLY OCCURRING BCAA PER SERVING	PROTEIN PER SERVING

VANILLA ICE CREAM
Naturally & Artificially Flavored

NET WEIGHT 10.25 lb (4.65 kg) • POWDERED PROTEIN & CARBOHYDRATE DRINK MIX

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1200 CALORIE MASS GAINER FORMULA

PM TRAINING:

- 7:00 am** MEAL
Lean Protein, Complex Carbs, Vegetable, Water
- 10:00 am** MEAL
Lean Protein, Complex Carbs, Vegetable, Water
- 1:00 pm** MEAL
Lean Protein, Complex Carbs, Vegetable, Water
- 4:00 pm** MEAL
Lean Protein, Complex Carbs, Vegetable, Water
- 5:00 pm** PRIMER SUPPLEMENT
6 NITRIX® 2.0 Tablets
- 5:30 pm** PRE-TRAINING SUPPLEMENT
1-2 Scoops of N.O.-XPLODE™ 2.0
- 6:00 pm** TRAINING
0-10 MINUTES POST-TRAINING
2 Scoops of CELLMASS® 2.0
20-30 MINUTES POST-TRAINING SHAKE
2 Scoops of TRUE-MASS® 1200
Simple Carbohydrates
- 9:00 pm** MEAL
Lean Protein, Complex Carbs, Vegetable, Water

NUTRITION FACTS

Serving Size 2 Scoops (310g)
Servings Per Container about 15

Amount Per Serving		% Daily Value*	
Calories	1220	Calories From Fat	140
Total Fat	16g		25%
Saturated Fat	4g		20%
Trans Fat	0g		
Cholesterol	160mg		53%
Sodium	430mg		18%
Total Carbohydrate	220g		73%
Dietary Fiber	13g		52%
Sugars	22g		
Protein	50g		100%

Vitamin A 0% Vitamin C 0%
Calcium 40% Iron 15%

*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
Sat 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
Protein		50g	65g

Ingredients: Complex Carbohydrate Blend (Maltodextrin, Whole Oat Flour), Protein Blend (Whey Protein Concentrate, Calcium Caseinate, Milk Protein Isolate, Whey Protein Isolate, Micellar Casein, Egg Albumin, Hydrolyzed Whey Protein, Glutamine Peptides), Creamer (Sunflower Oil, Corn Syrup Solids, Sodium Caseinate, Mono & Diglycerides, Dipotassium Phosphate, Tricalcium Phosphate, Soy Lecithin, Tocopherols), Natural and Artificial Flavors, Polydextrose, Lecithin, MCT Powder (Medium Chain Triglycerides, Non-Fat Dry Milk, Disodium Phosphate, and Silicon Dioxide), Gum Blend (Cellulose Gum, Xanthan Gum, Guar Gum, Gum Arabic), Acesulfame Potassium, Sucralose.

ALLERGEN INFORMATION:
Contains Milk, Egg, Wheat and Soy (Lecithin) ingredients.

Developed By & Manufactured Exclusively For:
Bio-Engineered Supplements & Nutrition, Inc., Boca Raton, FL 33487 USA 877.673.3727

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

THE ULTIMATE MASS GAINER

- TRUE-MASS® 1200 INGREDIENT HIGHLIGHTS:**
- Multi-Functional Protein and Carbohydrate Matrix
 - BCAAs and other Essential and Non-Essential Amino Acids
 - Dual Carbohydrate Sources including Ground Whole Oats
 - Excellent Source of Fiber. Contains 16g of Fat per serving
- DIRECTIONS:** Mix 2 scoops with 16 oz. of cold water or any beverage of your choice. Vary the amount of liquid to achieve your desired consistency. Drink 1 serving daily, or as needed to satisfy your protein or mass-gaining requirements. To increase your protein and calorie intake per serving and to achieve an amazing milkshake taste, use milk.
- NOTE:** Intended for use by healthy adults. Consume as part of a healthy diet and exercise program. Keep out of reach of children and pets. Store in a dry place away from direct sunlight.

Contents sold by weight not volume.

This product has been distributed by a Good Manufacturing Practices (GMP) facility.

MADE IN USA.
This product contains ingredients of international and domestic origin.

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VANILLA ICE CREAM
Naturally & Artificially Flavored

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