ISO-MASS is the future of weight gainers. With a scientifically-formulated carbohydrate to protein ratio of 16:13 **ISO-MASS** is designed for you to gain serious muscle mass without the added fat deposits. **ISO-MASS** is formulated with a precise blend of lime release proteins, complex carbohydrates, 6 types of creatine for muscle growth, 4 types of glutamine for muscle recovery, a complete vitamin premix for added mind/body functions, a healthy blend of 6 essential fatty acids to improve mind and body, a blend of 4 nitric oxide precursors to enhance vasodilation, a creatine precursor complex to increase the body's natural production of creatine, and an enzyme complex to increase absorption. All this can be found in an old fashioned milk shake taste in any of our gourmet flavors.

Suggested directions for use:
Mix 3 scoops ISO-MASS with 16 ounces liquid (water or milk). Take 3 servings daily. Use the schedule below to fit ISO-MASS into your preferred daily workout regimen.

AM Workout

6am: Wake up
6:15am: Breakfast
🍴 with 1 serving Power Caps
🍴 & 1 serving ISO Sensation 93
7am
Consume 1 Serving
Horse Power
7:30am: Begin Workout
Sip on Carbo Booster
throughout workout
9am: End workout
Immediately consume
1 serving of **ISO-MASS**
10:30am: Snack with
1 serving ISO Sensation 93
12:30pm: Lunch
🍴 with 1 serving Carbo Booster
2:30pm
Consume 1 serving **ISO-MASS**
4:30pm: Snack with
1 serving ISO Sensation 93
6:30pm: Dinner
🍴 with 1 Serving **ISO-MASS**
🍴 for dessert
8:30pm
Consume 1 Serving each
Casein Protein and ZMA
11pm: Bedtime

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.

PM Workout

6am: Wake up
6:15am: Breakfast
🍴 with 1 serving Power caps
🍴 & 1 serving ISO Sensation 93
8am
Consume 1 serving **ISO-MASS**
10:30am: Snack
with 1 serving ISO Sensation 93
12:30pm: Lunch
🍴 with 1 serving Carbo Booster
3pm: Snack
with 1 serving **ISO-MASS**
6pm: Dinner
🍴
7pm
Consume 1 serving
Horse Power
7:30pm: Begin workout
Sip Carbo Booster
throughout workout
9pm: End workout
Immediately consume
1 serving **ISO-MASS**
10pm
Consume 1 serving each
Casein Protein and ZMA
11pm: Bedtime

65 Grams of Nutrient-Dense Whey Protein per Serving! Packed with 940 Calories!

ULTIMATE NUTRITION® PLATINUM SERIES

iso mass XTREME GAINER

Chocolate Milk
Naturally & Artificially Flavored

Contains 7 Types of Fast-Acting Creatine!

Made with Genuine KRE-ALKALYN®

Enhanced with Beta Alanine, 4 Types of Glutamine, AAKG, and Lactoferrin

Time Released Mass Gainer Formula ✱ With Complex Carbohydrates
Dietary Supplement • Net Wt. 10.11lb (4.59kg)

Supplement Facts

Serving Size 3 Scoops (153g)
Servings per Container 30

Amount Per Serving	with Water		with 16 ounces 2% Lowfat Milk		% Daily Value*
Calories	650		940		
Calories from fat	60		150		
		%DV*		%DV*	
Total Fat	7g	11%	16g	25%	†
Saturated Fat	4g	20%	10g	50%	†
Cholesterol	30mg	10%	30mg	10%	
Sodium	200mg	8%	500mg	21%	
Total Carbohydrate	80g	27%	110g	37%	
Dietary Fiber	6g	24%	6g	24%	
Sugars	5g		5g		
Protein	65g	130%	72g	144%	
Vitamin A		33%		52%	
Vitamin C		33%		45%	†
Vitamin D		33%		85%	
Vitamin E		33%		33%	
Thiamine		33%		48%	
Riboflavin		33%		95%	
Niacin		33%		33%	
Vitamin B6		33%		45%	
Folic Acid		33%		33%	
Vitamin B12		33%		62%	
Biotin		33%		33%	
Pantothenic Acid		33%		45%	
Calcium		33%		100%	
Iron		33%		33%	
Phosphorus		33%		85%	
Iodine		33%		33%	
Magnesium		33%		52%	
Zinc		33%		46%	
Copper		33%		33%	†
Chromium		83%		83%	

*Percent Daily Values are based on a 2000 calorie diet. † Daily Values not established.

Other Ingredients:
Cocoa, Xanace & Artificial Flavors, Soy Lecithin, Sucralose, Acesulfame Potassium, and Neotame.

Contains Milk, Soy, Egg and Fish (herring, anchovy, mackerel, sardine, salmon).

Notice: Use this product as a food supplement only. Do not use for weight reduction.

Warning: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

Kre-Alkalyn® is a registered trademark of Biochemical Research & Development Laboratory (BR&D).
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