

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.

11pm: Bedtime

11pm: Bedtime

8:30pm

10pm

Consume 1 Serving each
Casein Protein and ZMA

Consume 1 serving each
Casein Protein and ZMA

6:30pm: Dinner

9pm: End workout

with 1 Serving ISO MASS
for dessert

Immediately consume
1 serving ISO MASS

4:30pm: Snack with

7:30pm: Begin workout

1 serving ISO Sensation 93

Sip adrenoLine
throughout workout

2:30pm

7pm

Consume 1 serving ISO MASS
& 1 serving Red Zone

Consume 1 serving
dYNOMite

10:30am: Snack with

12:30pm: Lunch

1 serving ISO Sensation 93

with 1 serving ISO MASS
& 1 serving Red Zone

9am: End workout

6pm: Dinner

Immediately consume
1 serving of ISO MASS

3pm: Snack
with 1 serving ISO MASS

7:30am: Begin Workout

10:30am: Snack

Sip adrenoLine
throughout workout

with 1 serving ISO Sensation 93

12:30pm: Lunch with

12:30pm: Lunch

1 serving ISO Sensation 93

with 1 serving ISO Sensation 93

7am

8am

Consume 1 Serving dYNOMite

Consume 1 serving ISO MASS

6:15am: Breakfast

6:15am: Breakfast

with 1 serving Red Zone

with 1 serving Red Zone

& 1 serving ISO Sensation 93

& 1 serving ISO Sensation 93

6am: Wake up

6am: Wake up

Chocolate
Peanut Butter

Naturally & Artificially Flavored

65 Grams of Nutrient-Dense
Whey Protein per Serving!
Packed with 930 Calories!**

ULTIMATE
NUTRITION®

PLATINUM SERIES

Contains 7 Types of
Fast-Acting Creatine!

Made with Genuine
KRE-ALKALYN®
PHOSPHOCREATINE

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

Supplement Facts

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

Amount Per Serving

**with 18 ounces
2% Lowfat Milk

Calories 930

Calories from fat 160

%DV*

%DV*

Total Fat 28%

Saturated Fat 55%

Cholesterol 25%

Sodium 18%

Total Carbohydrate 35%

Dietary Fiber 24%

Sugars 34g

Protein 166%

Vitamin A 54%

Vitamin C 33%

Vitamin D 92%

Vitamin E 33%

Thiamine 33%

Riboflavin 33%

Niacin 36%

Vitamin B6 43%

Folic Acid 33%

Vitamin B12 76%

Biotin 34%

Pantothenic Acid 53%

Calcium 107%

Iron 34%

Phosphorus 85%

Iodine 33%

Magnesium 48%

Zinc 49%

Copper 36%

Chromium 83%

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

Other Ingredients: Natural & Artificial Flavors, Sucralose, Acesulfame Potassium, and Neotame.

Contains Milk, Soy, Egg and Fish (herring, anchovy, mackerel, sardine, menhaden, smelt, tuna, sand lance, salmon)

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

Warnings: 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.

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Kre-Alkalyn® is patented (6,399,661) & registered to BioCeutical Research & Development Laboratory (BR&D).

Distributed by Ultimate Nutrition, Inc., P.O. Box 643, Farmington CT 06034 USA

Time Released Mass Gainer Formula

With Complex Carbohydrates

Multi-ingredient Supplement

Net Wt. 10.11lb (4.59kg)

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