ULTIMATE NUTRITION®

PLATINUM SERIES

iso mass XTREME GAINER

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

Contains 7 Types of Fast-Acting Creatine!

Cookies'n'Cream

Naturally and Artificially Flavored

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)

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 time release carbohydrates, a proprietary blend of creatine, glutamine, arginine, and beta alanine, 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 Carbo Booster throughout workout

9am: End workout
Immediately consume
1 serving of **ISO-MASS**

10:30am: Snack
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

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

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 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%	45%	†
Vitamin C	33%	85%	
Vitamin D	33%	33%	
Vitamin E	33%	48%	
Thiamine	33%	95%	
Riboflavin	33%	33%	
Niacin	33%	45%	
Vitamin B6	33%	33%	†
Folic Acid	33%	62%	
Vitamin B12	33%	33%	
Biotin	33%	45%	
Pantothenic Acid	33%	100%	
Calcium	33%	33%	
Iron	33%	85%	
Phosphorus	33%	33%	
Iodine	33%	46%	
Magnesium	33%	52%	†
Zinc	33%	33%	
Copper	33%	83%	
Chromium	83%		

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

		% Daily Value*
ISO MASS 72g		†
Whey Protein Isolate, Milk Protein Isolate, Egg Protein Isolate, Micellar Alpha and Beta Casein, Hydrolyzed Casein, Lactoferrin		
CARBO MASS 60g		†
5 Dr. Maltodextrin, Fructose, Oat Fiber		
CREA MASS 7g		†
Creatine Monohydrate, Tricreatine Malate, Kre-Alkalyn®, Creatine Dorate, Creatine Alpha Ketoglutarate, Creatine Ethyl Ester, Creatine Citrate		
OMEGA MASS 6.5g		†
Safflower Oil, Flaxseed Oil Powder, Medium Chain Triglyceride Powder, Borage Oil Powder Seeds, Raw Seed Oil Blend, Fish Oil Powder, Flax Seed Oil Powder (CLA), Canola Oil, Omega 3.		
VITA MASS 3.22g		†
Vitamin A Acetate, Cholecalciferol, D-alpha Tocopherol Acetate, Ascorbic Acid, Folate, Thiamine Mononitrate, Riboflavin, Niacinamide, Pyridoxine Hydrochloride, Cyanocobalamin, Biotin, D-Calcium Pantothenate, Dicalcium Phosphate, Potassium Iodide, Magnesium Oxide, Ferrous Fumarate, Magnesium Oxide, Copper Gluconate, Zinc Oxide, Chromium Nicotinate		
GLUTA MASS 2.2g		†
Glutapure® Glutamine, Glutamine Alpha Ketoglutarate, Glutamine Ethyl Ester, N-Acetyl-L-Glutamine		
N.O. MASS 500mg		†
Arginine Alpha Ketoglutarate, Arginine Ethyl Ester Di-HCL, Citrulline Ethyl Ester Malate, L-Arginine, Beta Alanine		
BCAA MASS 550mg		†
L-Leucine Ethyl Ester L-Isoleucine, L-Leucine, Ethyl Ester L-Isoleucine, L-Isoleucine Ethyl Ester		
CP (Creatine Precursor) MASS 500mg		†
Betaine, Glycocyamine		
ENZYME MASS 250mg		†
Protease, Lactase		

Other Ingredients: Chocolate Cookie Pieces*, Natural & Artificial Flavors, Soy Lecithin, Sucralose, Acesulfame Potassium, and Neotame.

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.

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

*Chocolate Cookie Pieces Ingredients: Sugar, Enriched Flour (wheat flour, niacin, reduced iron, thiamine mononitrate (vitamin B1), riboflavin vitamin B2), folic acid), Partially Hydrogenated Soybean Oil, Cocoa Processed with Alkali, Corn Syrup, Leavening (Baking Soda, Ammonium Bicarbonate), Salt, Soy Lecithin (emulsifier), Chocolate Liquor, Vanilla.

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

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