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

ULTIMATE NUTRITION®

PLATINUM SERIES

iso mass XTREME GAINER

Soft Vanilla Ice Cream

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)

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 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 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

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 Value not established.

ISO MASS 72g	Whey Protein Isolate, Milk Protein Isolate, Whey Protein Concentrate, Maltodextrin, Beta Cassava and Cassinatates, Lactoferrin	†
CARBO MASS 60g	α D/E Maltodextrin, Dextrose, Oat Fiber	†
CREA MASS 7g	Creatine Monohydrate, Tricreatine Malate, Kre-Alkalyn® Buffered Creatine Phosphate, Creatine Alpha Ketoglutarate, Creatine Ornate Ethyl Ester, Creatine Pyruvate	†
OMEGA MASS 6.5g	Enzyme Modified Sunflower Oil Powder, Medium Chain Triglyceride Powder, Borage Oil Powder (Seed), Flax Seed Oil Powder (Seed), Fish Oil Powder (EPA and Powder (DLA) and Omega 3.	
VITA MASS 3.22g	Vitamin a acetate, cholecalciferol, d-alpha tocopherol acetate, ascorbic acid, biotin, thiamine mononitrate, riboflavin, niacinamide, pyridoxine hydrochloride, folic acid, cyanocobalamin, D-Calcium Pantothenate, dicalcium phosphate, potassium iodide, potassium chloride, chromium chloride, zinc oxide, cupric oxide, manganese sulfate, sodium selenate, sodium molybdate, chromium nicotinate	†
GLUTA MASS 2.2g	Glutagum® 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-Norvaline	†
BCAA MASS 550mg	L-Valine, L-Valine Ethyl Ester, L-Leucine, L-Leucine Ethyl Ester, L-Isoleucine, L-Isoleucine Ethyl Ester	†
CP (Creatine Precursor) MASS 500mg	Betaine, Glycocyamine	†
ENZYME MASS 250mg	Protease, Lactase	†

Other Ingredients:
Natural & Artificial Flavors, Soy Lecithin, Sucralose, Acesulfame Potassium, and Maltodextrin.

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.

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