# BODY FORTRESS® SUPER ADVANCED MASS GAINER

**All too often, hard-gainers who strive to pack on muscle mass neglect one of the most important determining factors...You've Got to EAT BIG to GET BIG. Your Body needs a surplus of calories & nutrients in order to Power Your Muscle Building Goals and with our Super Advanced Mass Gainer; we've delivered in a BIG WAY.◊ Body Fortress® Super Advanced Mass Gainer has been formulated to deliver over 1,000 Mass Building Calories!***

**Other Mass Gainer products may rely on you to "mix with milk" in order to add in extra calories. WITH BODY FORTRESS® THERE IS NO NEED TO MIX WITH ANYTHING BUT WATER. Six scoops of our Super Advanced Formula supplies 100% of our 1,000+ calories.***

## WHAT MAKES BODY FORTRESS® SUPER ADVANCED MASS GAINER WORTH IT:

- **40g Premium Protein***
  - **Protein is one of the most important building blocks for muscle. Our Super Advanced Formula features high quality Whey Protein in order to help you crush your mass gaining goals.◊**
- **200g Mass-Building Carbs***
  - **It's time to trash those old-fashioned low carb trends and accept that Carbohydrates are your friend. In addition to the body utilizing Carbs as a main source of energy to fuel your most intense workouts, they also provide vital post-workout nutrition as Carbs help to replenish depleted Muscle Glycogen Stores.◊**
- **2.5g of HIGH-QUALITY BETAPOWER® BETAINE ANHYDROUS***
  - **Betaine Anhydrous, also known as Trimethylglycine or TMG, has recently gained popularity in the Bodybuilding community as an effective ingredient for supporting both Lean Mass & Body Composition.◊**

**◊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.**

PLEASE RECYCLE

Carefully Manufactured by
United States Nutrition, Inc.
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NEW

# 4 lb. VALUE SIZE

BODY FORTRESS

SUPER ADVANCED

# MASS

ULTIMATE MUSCLE MASS BUILDER◊

GAINER

**BUILDS MORE MUSCLE MASS THAN PROTEIN ALONE◊:**

- **1000 + MASS BUILDING CALORIES***
- **40g PREMIUM PROTEIN***
- **200g MUSCLE BUILDING CARBS***
- **OVER 20g OF BCAAS + EAAS***
- **2.5g BETAPOWER® NATURAL BETAINE***

PROTEIN SUPPLEMENT

*per 6 scoops

**CHOCOLATE**
NATURAL & ARTIFICIAL FLAVORS

NET WT. 4 lb. (64 oz.) (1,814 g)

## Supplement Facts

| Serving Size | 3 Scoops (133.5 g) | 6 Scoops (267 g) |
|---|---|---|
| Servings Per Container | about 14 | about 7 |

| Amount Per Serving | | %Daily Value | | %Daily Value |
|---|---|---|---|---|
| Calories | 520 | | 1,030 | |
| Calories from Fat | 45 | | 90 | |
| Total Fat | 5 g | 8%† | 10 g | 15%† |
| Saturated Fat | 1.5 g | 8%† | 3 g | 15%† |
| Cholesterol | 55 mg | 18% | 115 mg | 38% |
| Total Carbohydrate | 100 g | 33%† | 200 g | 67%† |
| Dietary Fiber | 2 g | 8%† | 3 g | 12%† |
| Sugars | 9 g | †† | 18 g | †† |
| Protein | 20 g | 40%† | 40 g | 80%† |
| Calcium | 93 mg | 9% | 186 mg | 20% |
| Iron | 0.8 mg | 4% | 1.6 mg | 9% |
| Phosphorus | 101 mg | 10% | 201 mg | 20% |
| Magnesium | 31 mg | 8% | 62 mg | 16% |
| Zinc | 0.18 mg | 1% | 0.36 mg | 2% |
| Copper | 0.09 mg | 5% | 0.18 mg | 9% |
| Sodium | 140 mg | 6% | 290 mg | 12% |
| Potassium | 300 mg | 9% | 590 mg | 17% |
| BetaPower® Betaine Anhydrous | 1.25 g | †† | 2.5 g | †† |

†Percent Daily Values are based on a 2,000 calorie diet.
††Daily Value not established.

**Other Ingredients:** Maltodextrin, Protein Matrix (Whey Protein Concentrate, Whey Protein Isolate, Milk Protein Concentrate, Calcium Caseinate), Cocoa (processed with alkali), Fructose, Non-Dairy Creamer (Sunflower Oil, Maltodextrin, Sodium Caseinate, Mono- & Di-glycerides, Natural Tocopherols, Tricalcium Phosphate), Soy Lecithin, Sunflower Oil, Natural and Artificial Flavor, Xanthan Gum, Acesulfame Potassium, Sucralose.

Contains milk and soy ingredients.

**Typical Amino Acid Profile (milligrams per 133.5 g serving***)**

| Essential Amino Acids | | Nonessential Amino Acids | |
|---|---|---|---|
| Histidine | 340 mg | Alanine | 936 mg |
| Isoleucine | 1,119 mg | Arginine | 490 mg |
| Leucine | 1,860 mg | Aspartic Acid | 2,393 mg |
| Lysine | 1,530 mg | Cysteine | 305 mg |
| Methionine | 453 mg | Glutamic Acid | 3,403 mg |
| Phenylalanine | 657 mg | Glycine | 365 mg |
| Threonine | 1,252 mg | Proline | 1,133 mg |
| Tryptophan** | 414 mg | Serine | 936 mg |
| Valine | 1,080 mg | Tyrosine | 587 mg |

**Typical Amino Acid Profile (milligrams per 267 g serving***)**

| Essential Amino Acids | | Nonessential Amino Acids | |
|---|---|---|---|
| Histidine | 697 mg | Alanine | 1,813 mg |
| Isoleucine | 2,239 mg | Arginine | 893 mg |
| Leucine | 3,720 mg | Aspartic Acid | 4,786 mg |
| Lysine | 3,060 mg | Cysteine | 1,011 mg |
| Methionine | 907 mg | Glutamic Acid | 6,807 mg |
| Phenylalanine | 1,314 mg | Glycine | 731 mg |
| Threonine | 2,504 mg | Proline | 2,266 mg |
| Tryptophan** | 828 mg | Serine | 1,873 mg |
| Valine | 2,161 mg | Tyrosine | 1,175 mg |

*L-Tryptophan is naturally occurring, not added.
***approximate values

**Directions:** For adults, mix 1 serving (3 scoops) with 12 fl. oz. of water or for maximum mass building, mix 2 servings (6 scoops) with 20 - 24 fl. oz. of water. Amount of liquid can be increased or decreased in order to reach desired level of consistency.

**FREE OF:** yeast, wheat, preservatives, artificial color.

Use in conjunction with an intense daily exercise program and a balanced diet including an adequate caloric intake.

**WARNING:** This supplement has been specifically designed for ONLY those individuals whose goal is to Gain Weight, Pack on Mass and Build Serious Muscle.◊

**KEEP OUT OF THE REACH OF CHILDREN. STORE AT ROOM TEMPERATURE, TIGHTLY CLOSED AND AVOID EXCESSIVE HEAT. FOR YOUR PROTECTION, DO NOT USE IF SEAL UNDER CAP IS BROKEN OR MISSING.**

Contents are sold by weight. Some settling may occur.

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