

The Ultimate Mass Building Weight Gainer!*

MHP brings the most advanced mass packing technology to your nutritional program with UP YOUR MASS. The result of over 10 years of research and development, UP YOUR MASS is so powerful, it can help pack up to 16 lbs. of mass onto the frame of the hardest gainer in just 5 weeks![^] The superior quality and quantities of muscle building nutrients in UP YOUR MASS makes it the ideal weight gainer formula for bodybuilders and athletes.*

45/35/20 Macrobiotic Nutrition Ratio Helps Create the Perfect Metabolic and Hormonal Environment for Maximum Mass, Strength, Endurance and Recovery*

PROBOLIC® Protein: A highly advanced protein matrix, PROBOLIC protein (soy protein isolate, whey concentrate, casein) feeds your muscles for up to 8 hours. The sustained release profile provides a quick, medium and slow release of muscle building amino acids for both fast and long-term nitrogen retention. PROBOLIC is loaded with mega amounts of Glutamine, Leucine, Branched Chain Amino Acids (BCAAs) and Nitric Oxide boosting Arginine in every serving – all of which are critical for muscle building, strength and recovery from workouts.*

MASS Load™ Carbs: The type and quality of carbohydrates used in any weight gainer will determine the type and quality of mass you pack on. Only UP YOUR MASS contains MASS Load, a unique agglomerate of carbohydrates (barley, oats and oat fiber) that optimizes the anabolic effect of insulin, allowing your body to build dense, high quality muscle mass. The advanced MASS Load carb blend also gives you sustained energy, fast glycogen replenishment and stabilized blood sugar levels. Unlike the competition, UP YOUR MASS is NOT loaded with sugars (dextrose and sucrose) that can increase fat stores.*

Lipid Complex: Essential Fatty Acids (EFAs) in UP YOUR MASS stabilize insulin release and improve nitrogen retention by slowing down carbohydrate and protein digestion. Both are key factors in building muscle quickly. Medium Chain Triglycerides (MCTs) provide an excellent source of energy and help preserve muscle glycogen, while clinically proven Conjugated Linoleic Acid (CLA) is added to further increase lean mass.*

Tastes Great, Mixes Instantly!

UP YOUR MASS is a high quality, great tasting weight gainer. It mixes instantly in a shaker (no blender required) with water or milk so you can feed your muscles high quality calories immediately after training and throughout the day! Get on the road to maximum MASS with UP YOUR MASS!

**62g Protein
Per Serving!***

MHP
MAXIMUM HUMAN PERFORMANCE

**Gain Up To
16 lbs. MASS
in 5 weeks!*****

**up your
MASS**

The Ultimate Mass Building Weight Gainer!*

- ▶ Triggers Gains in Hard, Dense Muscle Mass and Strength*
- ▶ Sustained Release Probolic® Protein Keeps You Anabolic*
- ▶ Helps Optimize Insulin Response for Maximum Muscle Growth*
- ▶ 124,000mg of 18 Highly Anabolic Aminos Per Day!*

26g Glutamine*, 9g Leucine, 7g Arginine, 23g BCAAs*

**Net Wt. 4.65 lbs. (2108g)
Dietary Supplement**

strawberry
naturally and artificially
flavored

Directions: As a dietary supplement to support massive muscle growth and recovery, use 1 serving (4 scoops) mixed with 16 fl. oz. of whole milk or water twice a day.*

Supplement Facts

Serving Size: 4 Scoops (124 g)
Serving Per Container: Approximately 17

Amount Per Serving With 16 fl. oz. Whole Milk	%DV	Amount Per Serving With 16 fl. oz. Water	%DV
Calories 800		Calories 500	
Calories from Fat 230		Calories from Fat 90	
Total Fat 26 g	40%†	Total Fat 10 g	15%†
Saturated Fat 11.5 g	58%†	Saturated Fat 1.5 g	8%†
Cholesterol 55 mg	18%†	Cholesterol 5 mg	2%†
Total Carbohydrate 83 g	28%†	Total Carbohydrate 60 g	20%†
Sugars 23 g	†	Sugars <1 g	†
Protein 62 g	124%†	Protein 46 g	92%†
Vitamin A 3500 IU	70%	Vitamin A 3000 IU	60%
Vitamin C 36 mg	60%	Vitamin C 36 mg	60%
Vitamin D 450 IU	110%	Vitamin D 240 IU	60%
Vitamin E 18 IU	60%	Vitamin E 18 IU	60%
Thiamin .9 mg	60%	Thiamin .9 mg	60%
Riboflavin 1 mg	60%	Riboflavin 1 mg	60%
Niacin 12 mg	60%	Niacin 12 mg	60%
Vitamin B6 1.2 mg	60%	Vitamin B6 1.2 mg	60%
Folic Acid 240 mcg	60%	Folic Acid 240 mcg	60%
Vitamin B12 3.7 mcg	60%	Vitamin B12 3.6 mcg	60%
Biotin 180 mcg	60%	Biotin 180 mcg	60%
Pantothenic Acid 6 mg	60%	Pantothenic Acid 6 mg	60%
Calcium 815 mg	80%	Calcium 260 mg	25%
Phosphorus 870 mg	90%	Phosphorus 460 mg	45%
Sodium 670 mg	28%	Sodium 460 mg	19%
Potassium 830 mg	24%	Potassium 200 mg	6%

† Percent Daily Values (DV) are based on a 2,000 calorie diet.

‡ Daily Values not established

Ingredients: MASS LOADING MATRIX (PROBOLIC® Amino Acid Enhanced Sustained Release Protein Matrix [soy protein isolate (with soy lecithin), calcium caseinate, whey protein concentrate, leucine, isoleucine, valine], MASS Load™ Carbohydrate Blend [barley, oats, oat fiber], Lipid Complex [medium chain triglycerides, essential fatty acid blend (borage seed oil powder [10% gamma-linolenic acid (GLA)], conjugated linoleic acid [70% GLA], evening primrose oil [4.8% GLA], flaxseed powder [9% alpha-linolenic acid (ALA)], and omega-3 complex [7.5% eicosapentaenoic acid (EPA)], canola oil, canola oil, corn syrup solids, sodium caseinate, dipotassium phosphate, mono and diglycerides and silicon dioxide (anti-caking agent)], maltodextrin, natural and artificial flavors, silicon dioxide, beet color, vitamin pre-mix (ascorbic acid, dl-alpha-tocopheryl acetate, niacinamide, D-calcium pantothenate, retinyl palmitate, pyridoxine hydrochloride, cholecalciferol, riboflavin, thiamin mononitrate, folic acid, cyanocobalamin, biotin), citric acid, acesulfame potassium, sucralose and banana leaf extract (Lagerstroemia speciosa).

Contains soy, milk and wheat.

MHP
MAXIMUM HUMAN PERFORMANCE

Manufactured for and Distributed by:
Maximum Human Performance, LLC
165 Clinton Road, West Caldwell, NJ 07006
MHPSTRONG.com • 1.888.783.8844

- Keep out of reach of children.
- Store at 10°-30°C (50°-86°F).
- Protect from heat, light and moisture.
- Do not purchase if seal is broken.

*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.

**Values represent 2 servings of Up Your MASS mixed with 32 total fl. oz. of whole milk.

TYPICAL AMINO ACID PROFILE

2 Servings Mixed with 32 fl. oz. Whole Milk	
Alanine 4,877 mg	Lysine 6,921 mg
Arginine 7,105 mg	Methionine 2,085 mg
Aspartic Acid 12,245 mg	Phenylalanine 5,796 mg
Cysteine 1,397 mg	Proline 8,269 mg
Glutamine* 26,477 mg	Serine 5,637 mg
Glycine 4,245 mg	Threonine 4,989 mg
Histidine 3,165 mg	Tryptophan 1,925 mg
Isoleucine 7,005 mg	Tyrosine 5,017 mg
Leucine 9,521 mg	Valine 7,345 mg
TOTAL AMINO ACIDS 124,000 mg	
Key Aminos Per Serving	
Arginine 7,105 mg	Glutamine* 26,477 mg
BCAAs 23,871 mg	Leucine 9,521 mg
+ As Glutamic Acid	

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