



Every sport.
Every lifestyle.

fuel:one™ develops advanced, powerful, and safe sports nutrition products for every sport and every lifestyle. We make products that increase muscle, enhance strength, and fuel your best athletic performance. We empower athletes and fitness enthusiasts to reach their goals without any banned substances – whether it's one more workout, one more rep, one more ride, or one more win. We fuel your one.

NEW
fuel:one

Ultra-Clean Lean Mass Gainer

**MASS
BUILD™**

Rapid, Clean Gains in Mass, Size & Strength[▲]
Scientifically Superior Formula for Fast Results[▲]
Premium Whey – No Inferior Proteins

TRIPLE CHOCOLATE FLAVOR

50G
protein

100G
carbs

630
clean calories



DIETARY SUPPLEMENT
NATURAL & ARTIFICIAL FLAVORS

NET WT. 5.00 lbs. (2.27kg)

Supplement Facts

Serving Size: 4 Scoops (159g)
Servings Per Container: Approx. 14

Amount Per	Mixed with 24 oz. of water		Mixed with 24 oz. of skim milk		Mixed with 12 oz. of skim milk	
	Serving	% Daily Value	Serving	% Daily Value	1/2 Serving	% Daily Value
Calories	630		880		440	
Calories from Fat	30		35		20	
Total Fat	3.5g	5%*	4g	7%*	2g	3%*
Saturated Fat	2g	10%*	2.5g	13%*	1.5g	8%*
Cholesterol	75mg	25%	90mg	30%	45mg	15%
Total Carbohydrate	100g	33%*	136g	45%*	68g	23%*
Dietary Fiber	3g	12%*	3g	12%*	2g	8%*
Sugars	6g	†	43g	†	22g	†
Protein	50g	60%*	75g	109%*	37g	55%
Calcium	184mg	18%	1081mg	108%	541mg	54%
Iron	3.1mg	17%	3.4mg	19%	1.7mg	9%
Sodium	400mg	17%	710mg	30%	356mg	15%

*Percent Daily Values are based on a 2,000 calorie diet.

†Daily Value not established.

OTHER INGREDIENTS: CARBOHYDRATE BLEND (MALTODEXTRIN, OAT BRAN, QUINOA POWDER), **PROTEIN BLEND** (WHEY PROTEIN CONCENTRATE, WHEY PROTEIN ISOLATE, HYDROLYZED WHEY PROTEIN), **MUSCLEBUILDING BLEND** (CREATINE MONOHYDRATE, L-GLUTAMINE, L-LEUCINE, L-ISOLEUCINE, L-VALINE), COCOA POWDER (PROCESSED WITH ALKALI), NATURAL AND ARTIFICIAL FLAVORS, GUM BLEND (CELLULOSE GUM, XANTHAN GUM, CARRAGEENAN), TAURINE, SALT, L-ALANINE, GLYCINE, SOY LECITHIN, SILICON DIOXIDE, SUCRALOSE, ACESULFAME-POTASSIUM. **CONTAINS MILK AND SOY INGREDIENTS. PROCESSED IN A FACILITY THAT ALSO PROCESSES WHEAT, AND EGG INGREDIENTS.**

See supplement facts for cholesterol content.

[▲]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.

Do not use if packaging has been tampered with. Store in a cool, dry place (60°F to 80°F).

DIRECTIONS: Mix 1 serving (4 scoops) of **MASS BUILD™** in 24 oz. of water or skim milk two times daily. Drink the first serving between breakfast and lunch and the second serving before bed. Do not exceed 2 servings in a 24-hour period. Drink 8 to 10 glasses of water daily for general good health. Read the entire label before use and follow directions provided.

WARNING: For adult use only. Do not use if pregnant or nursing. Consult a medical doctor before starting a diet or exercise program. **KEEP OUT OF REACH OF CHILDREN.**

The **MASS BUILD™** Advantage

Ingredient	MASS BUILD™	Competitor #1	Competitor #2
Protein	50g	50g	50g
Protein Quality	Premium whey protein blend	Blend of whey concentrate, caseins, milk protein, egg albumen and others	Blend of whey concentrate, calcium caseinate, egg albumen and sweet dairy whey
Carbs	100g	220g	249g
Fat	3.5g	16g	3.5g
Calories from Fat	5%	12%	2.5%
Calories from Protein	32%	16%	16%
Creatine	10g	0g	1g

Make muscles. Not excuses.

50G
protein

100G
carbs

630
clean calories

MASS BUILD™ fuels your one with a precise 2:1 ratio of smart carbohydrates and premium protein. **MASS BUILD™** features only premium-quality whey protein sources to refuel your muscles fast. And it's specially formulated with 100g of specialized, long-chain complex carbs. **MASS BUILD™** has the ingredients you need to get bigger fast, including whey protein that delivers over 3g of leucine and 7g of BCAAs, and a clinically proven mega-dose of creatine. In fact, research shows that the creatine alone in **MASS BUILD™** helped test subjects build 4 times more muscle in 12 weeks compared to subjects using a placebo (7.12 lbs. vs. 1.30 lbs.)¹ It was also shown in another study to increase bench press strength capacity by over 18% in just 10 days!^{▲2} And because **MASS BUILD™** isn't loaded with 16g of fat like some of the other guys, the calories you take in are cleaner, for mass gains you actually want. Whether it's one more workout, one more rep, one more ride, or one more win – **we fuel your one.**

See supplement facts for cholesterol content.

- Willoughby and Rosene, 2001. *Medicine & Science in Sports & Exercise*, 33(10), 1674-1681.
- Selsby et al. 2004. *Journal of Strength and Conditioning Research*, 18(2), 311-315.

The **fuel:one™** standard.



fuelone.com

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