

MUSCLE MAKER® - THE NAME SAYS IT ALL.

Adding quality lean muscle mass isn't as easy for some people as it is for others. Some people naturally have smaller appetites or very fast metabolisms while many people just don't have the time to consume the quality protein, nutrients and calories that are absolutely required to ignite & sustain the muscle making process. Enter **Giant Sports Muscle Maker** - a scientifically designed, protein rich, absolutely delicious mass gainer product, formulated specifically to provide the ideal ingredients in the proper amounts and ratios to help the educated athlete pack on quality lean muscle mass super fast.* If you are a traditional "hard gainer" or just someone who needs to bulk up and add strength and size as fast as possible, **Giant Sports Muscle Maker** may help you to generate maximum muscle size and strength from your training while tremendously aiding in recovery from intense workouts.* When taken prior to training, the intense muscle fullness you will experience will let you know that Muscle Maker is working from the very first dose.*

NUTRIENT DENSE, INSTANTLY MIXABLE, AND IT TASTES GREAT

This ingenious supplement helps deliver more calories and protein, gram-per-gram, than virtually every other option in this segment of the sports nutrition market. With a taste profile modeled after and taken directly from Giant Sports globally famous & industry leading Delicious Protein® series, **Muscle Maker** is a product you will actually look forward to using every day. Giant Sports Muscle Maker will keep you in a fed state for hours after training with:

- A CLASS LEADING 51 GRAMS OF QUALITY WHEY PROTEIN AND AMINO ACIDS
- ADDED MICRONIZED CREATINE MONOHYDRATE FOR INCREASED MUSCLE DENSITY AND STRENGTH
- 1286 CALORIES PER SERVING

This combination can greatly assist in obliterating size and strength plateaus faster than you ever thought possible.* With the addition of a generous dose of Stilbenox™ - Giant Sport's proprietary oligoprocyanidan (OPCs) and phytostilbene dense extract from Vitis vinifera - **Muscle Maker** is one of the few products in it's class to offer significant anti-oxidant and nutrient repartitioning capabilities.* **Whether you're a hard gainer or merely looking to take your physique to the next level, making high quality muscle has never been easier than with Giant Sports Muscle Maker.***

GIANT SPORTS MUSCLE MAKER CONTAINS NO ADDED SUGAR OR TRANS FATS AND IS A GLUTEN FREE PRODUCT, MAKING IT A HEALTHY ALTERNATIVE TO MANY OTHER PRODUCTS IN IT'S CATEGORY.



SUPERIOR SPORTS NUTRITION

MASS | SIZE | STRENGTH | POWER

MUSCLE MAKER®



MAXIMUM STRENGTH MASS SUPPORT COMPLEX



- ▶ ADDED BCAA'S, CREATINE AND BETAINE
- ▶ RAPID POST WORKOUT RECOVERY
- ▶ NO ADDED SUGAR
- ▶ NO TRANS FAT
- ▶ GLUTEN FREE



6 POUNDS | CHOCOLATE SHAKE

NET WT: 6 POUNDS (2721.6 GRAMS) - 8 SERVINGS - PHARMACEUTICAL GRADE DIETARY SUPPLEMENT

DIRECTIONS FOR MUSCLE MAKER:

Add two heaping scoops of Muscle Maker to a blender filled with 24 oz (710 mL) of cold water. As an option, you may add 2-3 ice cubes if desired. Blend for 10-15 seconds. Drink one or more servings per day. Muscle Maker also mixes perfectly in a shaker cup, though the size of the cup (avg. 20oz) will determine how large a serving you may mix.

For best results, use Muscle Maker as part of an intense weight training regimen (4-5 times per week) with an appropriate diet plan.

INGREDIENT OPTIONS:

Add additional calories to your Muscle Maker shake by mixing two scoops of Muscle Maker with 24 oz (710 mL) of nonfat or low fat milk instead of water. You may also add other nutrient dense ingredients such as fruit, fruit juice, nut butters such as peanut, almond or cashew, etc.

SERVING OPTIONS:

Depending on your individual nutritional needs, you may choose to begin with half of a serving (1 scoop) per day for the first week and then gradually increase to one or more full servings per day. Because of its highly dense nutrient profile, some athletes may choose to only consume half of a serving (1 scoop) of Muscle Maker at any given time multiple times per day.

OPTIONS FOR WHEN TO TAKE MUSCLE MAKER:

Between Meals

Drink 1/2-1 serving of Muscle Maker between meals to maintain positive nitrogen balance and support a high-calorie diet.

Pre Workout

For an incredible full muscle pump experience, consume 1/2 to 1 serving of Muscle Maker 30-60 minutes prior to weight training.

Post Workout

To support maximum muscle recovery, drink 1/2-1 serving of Muscle Maker 30-45 minutes after training.

Before Bed

To supply critical nutrients for positive nitrogen balance and muscle recovery throughout the night, drink 1/2-1 serving of Muscle Maker about 45-60 minutes before bed.

Warnings: Keep out of reach of children. Do not take this product if you are pregnant or nursing a baby. Check with a qualified healthcare professional before using this product if you are under 18 years of age or if you have any known or suspected medical condition(s) including diabetes, hypoglycemia, and/or if you are taking any prescription or OTC medication(s).

Supplement Facts

Serving Size: 335g (Two Scoops)		
Servings per container: 8		
Amount Per Serving		
Calories	1286	
Calories from Fat	51.00	
	Amount Per Serving	% Daily Value**
Total Fat (g)	6.00	9.20
Saturated Fat (g)	2.70	13.50
Trans Fat (g)	0.00	N/A
Monounsaturated Fat (g)	2.00	N/A
Cholesterol (mg)	15.00	5.00
Sodium (mg)	200.00	8.50
Potassium (mg)	900.00	25.70
Total Carbohydrates (g)	257.00	85.60
Dietary Fiber (g)	8.00	32.00
Sugar (g)	21.00	N/A
Protein (g)	51.00	102.00
Phosphorus (mg)	330.00	33.00
Chloride (mg)	303.00	8.90
Calcium (mg)	213.00	21.00
Magnesium (mg)	92.00	23.00
Stilbenox™ (mg)	10.0	N/A
Iron (mg)	3.40	18.80
Pantothenate (mg)	1.70	17.00
Zinc (mg)	1.00	6.60
Riboflavin (mg)	0.70	41.10
Vitamin B6 (mg)	0.20	10.00
Thiamin (mg)	0.15	10.00

† % Daily Value Based On A 2000 Calorie Per Day Diet
** Daily Value Not Established

Ingredients: Maltodextrin, Whey Protein Concentrate, Fibersol 2(TM) Soluble Fiber, Amino Acid Blend (L-Leucine, L-Isoleucine, L-Valine, Betaine), Creatine Monohydrate, Cocoa Powder, Natural and Artificial Flavors, Sunflower Oil, Gum Blend (Carboxymethyl Cellulose Gum, Carrageenan, Xanthan Gum), Sodium Caseinate, Mono and Diglycerides, Dipotassium Phosphate, Tricalcium Phosphate, Soy Lecithin, Enzyme Blend (Amylase, Protease, Lactase), Salt, Sucralose, Acesulfame Potassium, Stilbenox™ (Grape Seed Extract).

THIS PRODUCT IS FORMULATED FREE FROM ANY BANNED SUBSTANCES

ALLERGEN INFORMATION: Contains ingredients from milk and soy. Made in a plant that also processes egg, peanuts, tree nuts, crustaceans and wheat products.

*These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

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