BIG RON'S MASS GAIN MEAL PLAN†††

MEAL 1 –	2-4 Scoops KING MASS XL® 1 Banana Blended In
PRE-WORKOUT –	1 Scoop of MYO-BLITZ XS® 1 Scoop of TESTOGEN-XR® 1 Serving STACKED-N.O.®
INTRA-WORKOUT –	1 Scoop of AMINO-TONE®
MEAL 2 –	POST-WORKOUT SHAKE 1-2 Scoops of ISO-TROPIC MAX®
MEAL 3 –	2 Cups of liquid egg whites scrambled 2 Cups of grits 4 Slices of fat free cheese
MEAL 4 –	2 Chicken breasts 1 Cup rice 1 Cup of red beans 2 Slices of cornbread
MEAL 5 –	5 Ounces chicken breasts 5 Ounces filet 1 Dry baked potato Small serving of French fries
MEAL 6 –	12 Ounces filet butterflied 1 Cup of rice
MEAL 7 –	2-4 Scoops KING MASS XL® 2 Tbs Natural Peanut Butter
BEFORE BED –	1 Scoop of RESURRECT-P.M.®

††† This food plan was not created by a dietician and should only be used as an example. Be sure to clear any diet with your doctor or dietician first.

GAIN KING SIZE MASS!

MASS

In order for your muscles to ***GROW*** you need to supply them with enough ***PROTEIN*** to get the job done. KING MASS XL® packs a massive ***60G*** of protein per serving to help keep your muscles ***FED*** and in an ***ANABOLIC*** state.*

DRINKABILITY

Getting all of the quality ***CALORIES*** you need in one shake without being able to ***SLUG*** it down just doesn't cut it. The KING MASS XL® flavor system delivers a ***MILKSHAKE*** taste with seamless mix-ability every time making slamming down your shake a ***TREAT*** not a ***CHORE.****

HIGH PROTEIN

Making the scale go up is all about taking in more ***CALORIES*** than you burn but it's also important to get the ***RIGHT*** kind of calories. KING MASS XL® hits you with ***1000 GROWTH ACCELERATING*** calories per serving providing ***60G*** of quality protein, ***180G*** of carbs (only 25 sugars) & healthy fats.*

RECOVERY

In your pursuit of ***KING-SIZED MASS*** you will be hitting the iron like a ***BEAST!*** That means you will need ***KING-SIZED RECOVERY.*** Flooding your muscles with the protein and carbs in KING MASS XL® may support your insulin response leading to more ***GLYCOGEN*** storage and recovery preparing you for your next brutal workout.*

MASS

DRINKABILITY

60G HIGH PROTEIN

RECOVERY

PRODUCT

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AUTHENTIC

"WE SELL MORE THAN JUST SUPPLEMENTS... WE SELL A LIFESTYLE"

Ronnie Coleman SIGNATURE SERIES

KING MASS XL®

Super Anabolic Growth Accelerator*

180 GRAM CARB MATRIX††
60 GRAMS PROTEIN††
1000 CALORIES††

44 KING SIZED SCOOPS
DELICIOUS MILKSHAKE TASTE
CREATINE & GLUTAMINE ENHANCED

†† PER MAX DOSE

DARK CHOCOLATE

NATURAL AND ARTIFICIAL FLAVORS

DIETARY SUPPLEMENT • NET WT. 6 LBS (2.75 KG)

SUPPLEMENT FACTS

Serving Size:	2 Scoops (125g)		3 Scoops (188g)		4 Scoops (250g)	
Servings Per Container:	22		15		11	
Amount Per Serving		% DV †		% DV †		% DV †
Calories	500		750		1000	
Calories from Fat	23		33.75		45	
Total Fat	2 g	4%	3 g	6%	5 g	8%
Saturated Fat	1 g	4%	1 g	6%	2 g	9%
Trans Fat	0 g		0 g		0 g	
Monounsaturated Fat	.5 g	3%	.75 g	4%	1 g	6%
Cholesterol	2 mg	0%	3 mg	.75%	4 mg	1%
Sodium	80 mg	3%	120 mg	5%	160 mg	7%
Potassium	210 mg	10%	315 mg	16%	420 mg	21%
Total Carbohydrates	90 g	70%	135 g	105%	180 g	141%
Dietary Fiber	1 g	4%	1.5 g	6%	2 g	8%
Sugar	12 g	‡	19 g	‡	25 g	‡
Protein	30 g	53%	45 g	80%	60 g	107%
Vitamin C	.5%		.75%		1%	
Calcium	9%		13.5%		18%	
Iron	13%		19%		25%	
Vitamin E	1%		1.5%		2%	
Thiamin	6%		8%		11%	
Riboflavin	24%		36%		48%	
Niacin	1%		1.5%		2%	
Vitamin B6	7%		10%		13%	
Vitamin B12	.5%		.75%		1%	
Pantothenate	14%		21%		28%	
Phosphorus	19%		28%		37%	
Magnesium	12%		18%		24%	
Zinc	6%		8.5%		11%	

† Percent Daily Values are based on a 2,000 calorie diet.
‡ Daily Value Not Established.

Ingredients: Coleman Sustained Delivery Energy Matrix (Maltodextrin, Fructose, Waxy Maize), Coleman Complete Protein Matrix (Whey Protein Concentrate, Whey Protein Isolate, Milk Protein Isolate, Micellar Casein), Coleman Enhanced Amino Matrix (L-Glycine, Creatine Monohydrate, L-Glutamine, L-Leucine, L-Isoleucine, L-Valine), Cocoa Powder, Coleman Lipid Matrix [Sunflower and/or Soy Oil, CLA (Encapsulated Conjugated Linoleic Acid), Medium Chain Triglycerides (From Coconut), Flax Seed Oil Powder], Natural & Artificial Flavors, Coleman Suspension Matrix (Xanthan Gum, Cellulose Gum, Carrageenan), Caramel Color, Acesulfame Potassium & Sucralose.

PRODUCT INFO/WARNINGS

CAUTION - READ ENTIRE LABEL BEFORE CONSUMING!

DIRECTIONS: Suggested Use: Consume 1-1.5 grams of protein per pound of body weight through a combination of KING MASS XL®, high protein foods and other whole food calorie sources. It is best to consume your protein intake over several smaller meals spread out evenly throughout the day. For optimal results, KING MASS XL® should be used in conjunction with a weight training program along with proper rest under the supervision of a professional.*

Blender – Mix 2-4 scoops of KING MASS XL® with 20-40oz of water or milk. Cover and blend for 20-30 seconds. If desired, add ice cubes, fruit, peanut butter, etc.

Shaker – Mix 1 scoop of KING MASS XL® for every 8-10oz of water or milk. Shake vigorously for 30 seconds.

WARNINGS: KEEP OUT OF REACH OF CHILDREN. Before taking KING MASS XL® or any dietary supplement seek advice from your physician if you are unaware of your current health condition, have any pre-existing medical condition(s), taking any medication(s), planning any medical procedure, pregnant, nursing or contemplating pregnancy. Reduce or discontinue use if you have any adverse reactions such as but not limited to gastrointestinal irritation. KING MASS XL® is only intended to be used by healthy adults 18 years of age and older. Keep out of reach of children and pets.

Allergen Warning: Contains ingredients from milk and soy. Made in a manufacturing facility that also processes egg, soy, peanut, tree nuts, fish, crustaceans/shellfish and wheat products.

MANUFACTURED IN THE *USA* AT cGMP FACILITY

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

Ronnie Coleman SIGNATURE SERIES

Developed Exclusively by and Manufactured For:
Ronnie Coleman Signature Series
Boynton Beach, Florida 33426
www.RONNIECOLEMAN.net

To report an adverse event or for more information call *888.854.3316 (tel).*