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

BIG RON'S MASS GAIN MEAL PLAN!!!

GAIN KING SIZE MASS!

MEAL 1 –	2–4 Scoops KING MASS XL® 1 Banana Blended In
PRE-WORKOUT –	1 Scoop of NYO-XL12™ 1 Scoop of TESTOSLIN® 1 Serving STACKED-AA®
INTRA-WORKOUT –	1 Scoop of AMINO-TONE®
MEAL 2 –	POST-WORKOUT SHAKE 1–2 Scoops of ISO-THROPIC 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 –	6 Ounces chicken breasts 3 Ounces fish 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-PM®

** 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 dietician or Medical Rep.

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 tremendous 60 grams 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 scoreless drinkability every time making slamming down your shake a TREAT not a CHORE.*

HIGH PROTEIN

Making the most of your workout is all about timing in more CALORIES than you burn but it's also important to get the right kind of calories. KING MASS XL® ships you with 180 GRAMS ANABOLIC MATRIX™ of quality protein, carbs and creatine for a healthy fats.*

RECOVERY

A core blend of KING SIZE MASS™ will be hitting in more CALORIES than you burn but it's also important to get the right kind of calories. KING MASS XL® ships you with 180 GRAMS ANABOLIC MATRIX™ of quality protein, carbs and creatine for a healthy fats.* Finishing your muscles with the protein and carbs in KING MASS XL™ and the added ANABOLIC DEFENDER® storage and recovery agents supporting you to build your most brutal workout.*

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AUTHENTIC

PRODUCT

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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

†† 2OZ MAX DOSE

STRAWBERRY MILKSHAKE

NATURAL AND ARTIFICIAL FLAVORS

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

SUPPLEMENT FACTS

Serving Size	2 Scoops (139g)	3 Scoops (184g)	4 Scoops (229g)
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	0 g 3%	75 g 4%	1 g 6%
Cholesterol	2 mg 0%	3 mg 25%	4 mg 1%
Sodium	80 mg 3%	120 mg 5%	160 mg 7%
Potassium	210 mg 10%	315 mg 15%	420 mg 21%
Total Carbohydrates	90g 30%	135 g 45%	180 g 60%
Dietary Fiber	1 g 4%	1.5 g 6%	2 g 8%
Sugar	11 g **	17 g **	23 g **
Protein	60 g 53%	45 g 80%	60 g 107%
Vitamin C	3%	75%	1%
Calcium	2%	3%	17%
Iron	1%	1.5%	2%
Phosphorus	20%	30%	40%
Vitamin	1%	1.5%	2%
Niacin	1%	1.5%	2%
Vitamin B6	7%	10%	13%
Vitamin B12	3%	75%	1%
Pantothenate	14%	21%	28%
Phosphorus	11%	16%	21%
Magnesium	2%	3%	4%

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

Ingredients: Calcium Sulfoxed Delivery Energy Matrix (Maltodextrin, Fructose, Waxy Maize), Calcium Complex Protein Matrix (Whey Protein Concentrate, Whey Protein Isolate, Milk Protein Isolate, Micellar Casein), Calcium Enhanced Amino Matrix (Glutamine, Taurine, Creatine Monohydrate, Arginine, Leucine, Isoleucine, Valine, Lysine, Histidine, Threonine, Methionine), Cocoa (Processed with Alkali), Medium Chain Triglycerides (Coconut Oil), Natural And Artificial Flavors, Calcium Caseinate, Cellulose Gum, Carrageenan, Citric Acid, Red Beet Powder, Acesulfame Potassium & Sucralose.

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 tools and other whole food 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 qualified physician.

Blaster – Mix 2-4 scoops of KING MASS XL® with 20-40oz of water in a blender. Add one or two 2oz servings of natural peanut butter, 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 and enjoy!

WARNINGS: KEEP OUT OF REACH OF CHILDREN. Before taking KING MASS XL® or any dietary supplement, consult with your physician. If you are unaware of your current health condition, have any existing medical conditions, are taking medications, pregnant, nursing 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 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 & Drug Administration. This product is not intended to diagnose, treat, cure or prevent disease.

To report an adverse event or for more information call: 888.864.5314 (ext).

PRODUCT INFO/WARNINGS

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