"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-BLITZ XL® 1 Scoop of TESTOSLIN-XR® 1 Serving STACKED-ALA® |
| MITRA-WORKOUT – | 1 Scoop of AMINO-TANK® |
| MEAL 2 – | POST-WORKOUT SHAKE 1-2 Scoops of ISO-THRUST-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® |

** If 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.

### 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 1,000 calories per serving 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 & texture – seamless drinkability every time making slamming down your shake a TREAT not a CHORE.*

### HIGH PROTEIN

Making the switch to an XL shake will be taking in more CALORIES than you burn but it's also important to get the RIGHT kind of calories. KING MASS XL® ships you with 180GRAM ANABOLIC MATRIX™ which is a proprietary blend of 3 different types of quality protein, giving you 60 grams of protein per serving to help you reach your goals.*

### RECOVERY

A main ground of KING MASS XL® will be taking in more GLUTAMINE than you have ever had in any other product. Finishing your muscles with the protein and carbs in KING MASS XL™ will help you RECOVER storage and recovery properties you NEVER even had insulin workout.*


KMV1-03-B

PRODUCT

AUTHENTIC

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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

VANILLA ICE CREAM

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

## SUPPLEMENT FACTS

| Serving Size | 2 Scoops (139g) | 3 Scoops (184g) | 4 Scoops (230g) |
|---|---|---|---|
| Servings Per Container: | 22 | 15 | 11 |

| Amount Per Serving | % DV* | % DV* | % DV* |
|---|---|---|---|
| Calories | 500 | 750 | 1000 |
| Calories from Fat | 23 | 33.79 | 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 | 96 g 32% | 135 g 45% | 180 g 60% |
| Dietary Fiber | 1 g 4% | 1.5 g 6% | 2 g 8% |
| Sugar | 13 g 13% | 19.5 g 19% | 26 g 26% |
| Protein | 30 g 53% | 45 g 80% | 60 g 107% |
| Vitamin C | 3% | 5% | 7% |
| Calcium | 4% | 6% | 8% |
| Thiamin | 6% | 9% | 11% |
| Riboflavin | 6% | 9% | 12% |
| Niacin | 1% | 1.5% | 2% |
| Vitamin B6 | 7% | 10% | 13% |
| Vitamin B12 | 2% | 75% | 5% |
| Pantothenate | 14% | 20% | 28% |
| Phosphorus | 11% | 16% | 21% |
| Magnesium | 3% | 4% | 5% |

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

**Ingredients:** Calcium Sustained Delivery Energy Matrix (Maltodextrin, Fructose, Waxy Maize), Creatine Complex (Creatine Protein Matrix, Creatine Monohydrate, Whey Protein Isolate, Whey Protein Isolate, Micellar Casein), Calcium Enhanced Amino Matrix (L-Glycine, Creatine Monohydrate, L-Leucine, L-Valine, L-Isoleucine, L-Lysine HCl, L-Phenylalanine, L-Threonine and/or Soy GL CLA Complex (Conjugated Linoleic Acid), Medium Chain Triglycerides (From Coconut, Flax Seed Oil Powder), Natural & Artificial Flavors, Calamus Suspension Matrix (Xanthan Gum, Cellulose Gum, Carrageenan), 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 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 professional.

Blender – Mix 2-4 scoops of KING MASS XL® with 20-40oz of water, ice, and one or two (or 2-4 servings) of your favorite fruit, low calorie, fruit, peanut butter, etc.

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

**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 underlying medical conditions, are taking medications, pregnant, any medical procedures, pregnant, nursing or contemplating pregnancy, lactation or discontinue any time you have any adverse reactions to, but not limited to gastrointestinal irritation. KING MASS XL® is only intended to be used by healthy adults over the age of 18 years. 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.**

Developed Exclusively by and Manufactured for:
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To report an adverse event or for more information call: 888.864.5314 (M-F).