TEAR HERE ▼▼▼▼

RESEALABLE ZIPPER

15 LBS OF KING SIZED MASS!

MASS* • MEAL REPLACEMENT* • WEIGHT GAIN* • RECOVERY*

Ronnie Coleman SIGNATURE SERIES™

KING MASS XL™

Super Anabolic Growth Accelerator*

180 GRAM CARB MATRIX*#

60 GRAMS PROTEIN*

1000 CALORIES*#

108 LOADED SCOOPS

DELICIOUS MILKSHAKE TASTE

CREATINE & GLUTAMINE ENHANCED

VANILLA ICE CREAM

DIETARY SUPPLEMENT* • NET WT. 15Lbs (6.75 KG)

*#PER MAX DOSE

"THE ONLY SUPPLEMENTS GOOD ENOUGH TO HAVE MY NAME ON THEM"

KING MASS XL™

KMVI1-02-P

MANUFACTURED IN USA AT CGMP FACILITY

Manufactured Exclusively For: Ronnie Coleman Signature Series
Boynton Beach, Florida
888-854-3318 • www.RonnieColemanLive

20492 06529 1

SUPPLEMENT FACTS

Serving Size: 3 Scoops (75g)	1 Scoop (25g)	3 Scoops (75g)	4 Scoops (100g)
Amount Per Serving	% DV*	% DV*	% DV*
Calories	300	750	1000
Calories from fat	23	35.75	46
Total Fat	2.6g 4%	3.9g 6%	5.2g 8%
Saturated Fat	1g 5%	1.5g 8%	2g 9%
Trans Fat	0g	0g	0g
Monounsaturated fat	0.3g 2%	0.5g 4%	1g 6%
Cholesterol	2mg 1%	3mg 2%	4mg 1%
Sodium	80mg 3%	120mg 5%	160mg 7%
Potassium	210mg 6%	315mg 9%	420mg 12%
Total Carbohydrates	56g 19%	84g 28%	112g 37%
Dietary Fiber	1g 4%	1.5g 6%	2g 8%
Sugar	3g 5.5%	4.5g 8%	6g 9.5%
Protein	20g	30g	40g
Vitamin A	9%	9%	9%
Vitamin C	25%	25%	1%
Calcium	13%	13%	15%
Iron	1%	1%	2%
Thiamin	8%	8%	11%
Riboflavin	25%	25%	33%
Niacin	1%	1.5%	2%
Vitamin B6	2%	2%	1%
Vitamin B12	2%	2%	2%
Phosphorus	15%	15%	20%
Phosphorus	15%	15%	20%
Magnesium	12%	18%	25%

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

Ingredients: Creatine Monohydrate, Creatine Anhydrous, Creatine Malate, Glutamine Peptides, Whey Protein Concentrate, Whey Protein Isolate, Malto Dextrin, Natural Flavors, Sucralose, Cocoa Powder, Xanthan Gum, Tricalcium Phosphate, Salt, Soy Lecithin, Cellulose Gum, Sodium Citrate, Potassium Citrate, Potassium Chloride, Sucralose, Acesulfame Potassium & Saccharin.

Contains Milk, egg, soybeans, shellfish, wheat and tree nuts.

Serving Recommendation: For healthy individuals over 18 years of age. Consult your physician before using this product if you are under the age of 18, have any medical condition, are nursing, pregnant or taking medication. Do not exceed recommended dosage. Do not use if seal is broken. Keep out of reach of children under the age of 18. Keep out of reach of pets. Keep out of direct sunlight. Store at room temperature. Do not freeze. Do not use after expiration date.

Warning: Manufactured on equipment which processes products containing milk, egg, soybeans, shellfish, wheat and tree nuts.

*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'S RULES

CAUTION: READ ENTIRE LABEL BEFORE CONSUMING!
DIRECTIONS:

Beginner – Mix 2-4 scoops or 4 ONE MASS XL™ with 20-24oz. of water or milk. Cover and blend for 20-30 seconds. If desired, add the cubes. Enjoy! Pair with a balanced meal.

Shake – Mix 3 scoops or 6 ONE MASS XL™ for every 3-5lbs of bodyweight. Add 1 scoop of ONE MASS XL™ for every 5-10lbs of desired, add the cubes. Enjoy! Repeat before, during and after workouts.

Supported Zero Consumer 1-2 grams of protein per pound of body weight through a combination of ONE MASS XL™, high protein whole food and other whole food calorie sources. It is important to consume your protein intake over smaller meals spread out evenly throughout the day. For optimal results, ONE MASS XL™ should be used as a supplement with a weight training program using proper form and make the improvements of a professional.

WARNING: KEEP OUT OF REACH OF CHILDREN. Before taking ONE MASS XL™ or any dietary supplement, read the label and follow the directions. Do not exceed recommended dosage. Do not use if you have any serious medical conditions, have any medication, pregnant, nursing or contemplating pregnancy. Before any medical procedure, consult your doctor. Do not use if under the age of 18. Discontinue use if you have any adverse reactions. Do not use if seal is broken. Keep out of direct sunlight. Do not freeze. Do not use after expiration date. Keep out of reach of children and pets. Keep out of reach of healthy adults. Contains Milk, egg, soybeans, shellfish, wheat and tree nuts.

BIG RON'S MASS GAIN MEAL PLAN™

MEAL 1 –	2-4 Scoops Ronnie Coleman ONE MASS XL™ 1 Banana Smashed in
PRE-WORKOUT –	1 Scoop of NO-BLITZ™ 1 Scoop of RESISTOR-X™ 1 Serving PUMPED-R.A.W.™
MID-WORKOUT –	1 Scoop of AMINO-TONE™
POST-WORKOUT	
MEAL 2 –	POST-WORKOUT SHAKE 1-2 Scoops of GO-TRIPLE-MAX™
MEAL 3 –	2 Cups of spinach 4 Ounces of grilled chicken 2 Slices of Swiss cheese 4 Slices of fat free cheese
MEAL 4 –	2 Chicken breasts 1 Cup rice 2 Cups of fat free beans 2 Slices of cornbread
MEAL 5 –	5 Ounces chicken breasts 1 Cup of rice 1 Dry baked potato 2 Ounces filet
MEAL 6 –	1 Cup of rice 2-4 scoops ONE MASS XL™
MEAL 7 –	2 Scoops ONE MASS XL™ 2 Tbs Natural Peanut Butter
BEFORE BED –	1 Scoop of RESTORE-PM.™

GAIN KING SIZE MASS!

MASS – Use a pump of ONE MASS XL™ in your morning protein. Enjoy 20 ounces of ONE GOOD CARBOHYDRATE (ONE MASS XL™ mix with 12 ounces 1% milk) and 1 serving of fruit. Add 1 serving