

The Ultimate Mass Building Weight Gainer!*

MHP brings the most advanced mass packing technology to your nutritional program with **Up Your MASS**. The result of over 10 years of research and development, **Up Your MASS** is so powerful, it can pack 16 lbs. of muscle onto the frame of the hardest gainer in just 5 weeks![^] The superior quality and quantities of muscle building nutrients in **Up Your MASS** makes it the ideal weight gainer formula for bodybuilders and athletes.*

45/35/20 Macrobolic Nutrition Ratio Creates the Perfect Metabolic and Hormonal Environment for Maximum Mass, Strength, Endurance and Recovery*

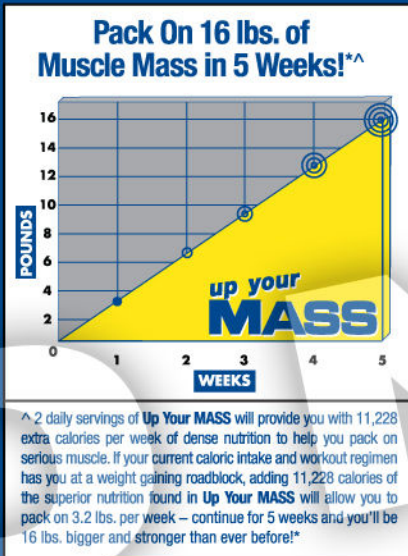
PROBOLIC® Protein: A highly advanced protein matrix, PROBOLIC protein (Supro® soy protein isolate, whey concentrate, casein) feeds your muscles for up to 8 hours. The sustained release profile provides a quick, medium and slow release of muscle building amino acids for both fast and long-term nitrogen retention. PROBOLIC is loaded with mega amounts of Glutamine, Leucine, Branched Chain Amino Acids (BCAAs) and Nitric Oxide boosting Arginine in every serving – all of which are critical for muscle building, strength and recovery from workouts.*

MASS Load™ Carbs: The type and quality of carbohydrates used in any weight gainer will determine the type and quality of mass you pack on. Only **Up Your MASS** contains MASS Load, a unique agglomerate of carbohydrates (barley, oats and oat fiber) that optimizes the anabolic effect of insulin, allowing your body to build dense, high quality muscle mass. The advanced MASS Load carb blend also gives you sustained energy, fast glycogen replenishment and stabilized blood sugar levels. Unlike the competition, **Up Your MASS** is NOT loaded with maltodextrin and sugars (dextrose, sucrose) that can increase fat stores.*

Lipid Complex: Essential Fatty Acids (EFAs) in **Up Your MASS** stabilize insulin release and improve nitrogen retention by slowing down carbohydrate and protein digestion. Both are key factors in building muscle quickly. Medium Chain Triglycerides (MCTs) provide an excellent source of energy and help preserve muscle glycogen, while clinically proven Conjugated Linoleic Acid (CLA) is added to further increase lean mass.*

Tastes Great, Mixes Instantly!

Up Your MASS is a high quality, great tasting weight gainer. It mixes instantly in a shaker (no blender required) with water or milk so you can feed your muscles high quality calories immediately after training and throughout the day! Get on the road to maximum MASS with **Up Your MASS!***



MHP
MAXIMUM HUMAN PERFORMANCE

**Gain 16 lbs.
of Muscle Mass
in 5 weeks!***[^]

up your MASS™

The Ultimate Mass Building Weight Gainer!*

- ▶ Triggers Dramatic Gains in Hard, Dense Muscle Mass and Strength*
- ▶ Sustained Release Probolic® Protein Keeps You 100% Anabolic*
- ▶ Optimizes Insulin Response for Maximum Muscle Growth*
- ▶ 124,000mg of 18 Highly Anabolic Aminos Per Day!*

26g Glutamine*, 9g Leucine, 7g Arginine, 23g BCAAs**

**5 lbs. (2270g)
Dietary Supplement**

**62g Protein
Per Serving!**



Directions: As a dietary supplement to support massive muscle growth and recovery, use one serving (4 scoops) mixed with 16 oz. of whole milk or water twice a day.*

Supplement Facts

Serving Size: 4 Scoops (138 g)
Servings Per Container: Approximately 17

Amount Per Serving		Amount Per Serving	
With 16 oz. Whole Milk ■		With 16 oz. Water	
Calories	802	Calories	510
Calories from Fat	243	Calories from Fat	100
	% Daily Value		% Daily Value
Total Fat	27 g	Total Fat	11 g
	42%†		17%†
Saturated Fat	20 g	Saturated Fat	2 g
	100%†		10%†
Cholesterol	56 mg	Cholesterol	5 mg
	22%†		2%†
Sodium	772 mg	Sodium	576 mg
	34%		24%
Potassium	1,898 mg	Potassium	1,200 mg
	40%		34%
Total Carbohydrate	78 g	Total Carbohydrate	56 g
	26%†		19%†
Dietary Fiber	11 g	Dietary Fiber	11 g
	44%†		44%†
Sugars	27 g	Sugars	1 g
	‡		‡
Protein	62 g	Protein	46 g
	124%†		92%†
Vitamin A	70%	Vitamin C	60%
Calcium	178%	Iron	56%
Vitamin D	109%	Vitamin E	61%
Thiamin	74%	Riboflavin	113%
Niacin	63%	Vitamin B6	69%
Folic acid	60%	Vitamin B12	96%
Biotin	60%	Pantothenic acid	78%
Phosphorus	156%		
		Vitamin A	60%
		Vitamin C	60%
		Calcium	123%
		Iron	55%
		Vitamin D	60%
		Vitamin E	60%
		Thiamin	60%
		Riboflavin	60%
		Niacin	60%
		Vitamin B6	60%
		Folic acid	60%
		Vitamin B12	60%
		Biotin	60%
		Pantothenic acid	60%
		Phosphorus	112%

† Percent Daily Values are based on a 2,000 calorie diet. Your diet values may be higher or lower depending on your calorie needs.

‡ Daily Value not established.

■ Nutritive reference values for whole milk were obtained from the USDA National Nutrient Database.

Ingredients: MASS Load™: Carbohydrate Blend (barley, oats, oat fiber), PROBOLIC®: Amino Acid Enhanced Sustained Release Protein Matrix [Supro® Soy Protein Isolate (with calcium phosphate and lecithin), calcium caseinate, whey protein concentrate, leucine, isoleucine and valine], canola oil creamer [canola oil, corn syrup solids, sodium caseinate, dipotassium phosphate, mono and diglycerides and silicon dioxide (anti-caking agent)], natural and artificial flavors, cookie pieces (sugar, bleached wheat flour, partially hydrogenated vegetable oils [palm kernel, soybean, and cottonseed], whey, soy lecithin, sodium bicarbonate), lipid complex: medium chain triglycerides, essential fatty acid blend [borage seed oil powder (10% gamma-linolenic acid (GLA)), conjugated linoleic acid complex (78% CLA), evening primrose seed oil (4.8% GLA), flaxseed powder (8% alpha-linolenic acid (ALA)), and omega 3 complex (7.5% eicosapentaenoic acid (EPA) & docosahexaenoic acid (DHA))], gum blend (xanthan gum, cellulose gum, and carrageenan), silica, salt, acesulfame potassium, vitamin pre-mix (ascorbic acid, dl-alpha-tocopheryl acetate, retinyl palmitate, niacinamide, calcium pantothenate, cholecalciferol, pyridoxine hydrochloride, riboflavin, thiamin mononitrate, cyanocobalamin, folic acid and biotin), banana leaf extract (*Lagestroemia speciosa*) and sucralose.

Contains soy, milk, fish (herring, mackerel, salmon, sardine, tuna, cod) and may contain wheat.

**Values represent 2 servings of Up Your MASS mixed with 32 total oz. of whole milk.

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

- Keep out of reach of children.
- Store at 15°-30°C (59°-86°F).
- Protect from heat, light and moisture.
- Do not purchase if seal is broken.

Amino Acid Profile	
2 Servings Mixed with 32 oz. Whole Milk	
Alanine	4,877 mg
Arginine	7,105 mg
Aspartic Acid	12,245 mg
Cysteine	1,397 mg
Glutamine*	26,477 mg
Glycine	4,245 mg
Histidine	3,165 mg
Isoleucine	7,005 mg
Leucine	9,521 mg
Lysine	6,921 mg
Methionine	2,085 mg
Phenylalanine	5,769 mg
Proline	8,269 mg
Serine	5,637 mg
Threonine	4,989 mg
Tryptophan	1,925 mg
Tyrosine	5,017 mg
Valine	7,345 mg
Total Amino Acids	124,000 mg

Key Aminos Per Serving

Arginine	7,105 mg
Glutamine*	26,477 mg
BCAAs	23,871 mg
Leucine	9,521 mg

* As Glutamic Acid



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