

CORE SERIES

ASPARTAME FREE

V.1.655.1105US

SUPPLEMENT FACTS				
Serving Size: 3 scoops (145g) ‡				
Servings Per Container: 18				
	In 16oz Water		In 2% Skim Milk	
Calories	626		833	
Calories From Fat	140		243	
	Amount Per Serving	% of DV†	Amount Per Serving	% of DV†
Total Fat	15.5g	24%	27g	42%
Saturated Fat	5g	25%	11g	55%
Trans Fat	0g		0g	
Cholesterol	110mg	37%	160mg	53%
Sodium	260mg	11%	510mg	21%
Potassium	410mg	12%	460mg	14%
Total Carbohydrates	75.5g	25%	92g	31%
Dietary Fiber	5g	20%	6g	24%
Sugars	13.5g		36g	
Protein	46g		68g	
Vitamin A	5000 IU	100%	5500 IU	110%
Vitamin C	60mg	100%	62.4mg	104%
Calcium	250mg	25%	550mg	55%
Iron	18mg	100%	18mg	100%
Vitamin B	400 IU	100%	500 IU	125%
Vitamin E	30 IU	100%	30 IU	100%
Thiamine	1.5mg	100%	1.5mg	100%
Riboflavin	1.7mg	100%	1.7mg	100%
Niacin	20mg	100%	20mg	100%
Vitamin B6	2mg	100%	2mg	100%
Folic Acid	400mcg	100%	400mcg	100%
Vitamin B12	6mcg	100%	6mcg	100%
Biotin	300mcg	100%	300mcg	100%
Pantothenic Acid	10mg	100%	10mg	100%
Phosphorus	180mg	18%	180mg	18%
Iodine	150mcg	100%	150mcg	100%
Zinc	15mg	100%	15mg	100%
Copper	2mg	100%	2mg	100%
†Percent Daily Values are based on a 2,000 calorie diet.				
Other Ingredients: A Sustained Release Ultra-Premium Protein Matrix Comprised of (Ultrafiltered Whey Protein Concentrate[Milk] Rich In Alpha-Lactalbumin, Microfiltered Whey Protein Isolate[Milk] Rich In Whey Isolate Peptide Fractions, Calcium Caseinate, Micellar Alpha And Beta Caseins And Caseinates[Milk], Milk Protein Isolate[Milk], Hydrolyzed Whey Protein[Milk], Egg Whites[Egg], Glutamine Peptides and Glutamine AKG, L-Leucine, L-Isoleucine, and L-Valine), Maltodextrin, Dutch Processed Cocoa Powder, Richenix Sunflower powder consisting of (Sunflower Oil, Corn Syrup Solids, Sodium Caseinate[Milk], Mono- & Di-Glycerides, and Dipotassium Phosphate), Litesse® II Polydextrose, Natural & Artificial Flavors, Nutrisperse MCT powder consisting of (Medium Chain Triglycerides, Non-Fat Dry Milk, Disodium Phosphate, and Silicon Dioxide), Vitamin & Mineral Blend consisting of (Magnesium Phosphate, Ascorbic Acid, Vitamin E Acetate, Biotin, Chromium Chloride, Nicotinamide, Vitamin A Palmitate, Selenium Chloride, Calcium Pantothenate, Zinc Oxide, Vitamin K1, Copper Gluconate, Vitamin D3, Manganese Sulfate, Pyridoxine HCL, Thiamin Mononitrate, Riboflavin, Vitamin B12, Folic Acid and Potassium Iodide), Quallacol Cellulose Gum, Ticalose® Cellulose Gum, Xanthan Gum, Guar Gum, Gum Acacia, Acesulfame Potassium, Sucralose, Lecithin [Soy], Aminogen®, and Papain.				
Allergen Warning: Manufactured on equipment which processes products containing milk, egg, soybeans, shellfish, fish oil, tree nuts, and peanut flavor.				
‡ Settling is a natural occurrence with powdered products. The level and density of powder may therefore vary from one bottle to the next.				
*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.				



TRUE-MASS™

ULTRA-PREMIUM A.M. TO P.M. LEAN MASS GAINER



CHOCOLATE
MILK SHAKE

FOR THE PUREST MASS GAINS™

TRUE-MASS PRODUCT HIGHLIGHTS:

- Sustained Release Action
- Multi-Functional A.M. to P.M. Protein and Carbohydrate Blend
- 6 Ultra-Premium Protein Sources
- Bioactive Protein Utilization Enzymes (Aminogen and Papain)
- Rich in BCAAs and other Essential and Non-Essential Amino Acids
- MCTs, EFAs, Glutamine Peptides and Glutamine AKG
- Rich in Fiber
- Aspartame FREE
- ZERO Trans Fats

Stack with NITRIX, N.O.-XPLODE, CELLMASS, and AXIS-HT for maximum physique and performance impact.

DESIGNED FOR: Any individual who needs a calorie- and nutrient-dense alternative to regular foods to assist with gaining lean muscle mass.

RECOMMENDED USE: As a dietary supplement, take 3 scoops with 16 oz. of cold water or beverage of choice. Vary the amount of liquid to achieve desired consistency. Drink 2-4 servings daily, or as needed to satisfy your protein or mass-gaining requirements. To increase your protein and calorie intake per serving and to achieve an amazing milk shake taste, use milk.

True-Mass supports the following segments of the BSN Supplement Pyramid™: Nutrition Support, Muscle Support, Weight Management. For more information visit www.BSNOnline.net.

Free Supplement Advice Hotline!
877.673.3727

Developed By & Manufactured Exclusively For:
Bio-Engineered Supplements & Nutrition
Boca Raton, FL 33487 USA

