

CORE SERIES

ASPARTAME FREE



FINISH FIRST.®

TRUE-MASS®

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

COOKIES & CREAM

FOR THE PUREST MASS GAINS.™

TRUE-MASS® PRODUCT HIGHLIGHTS:

- Sustained Release Action
- Multi-Functional A.M. to P.M. Protein and Carbohydrate Matrix
- 6 Ultra-Premium Protein Sources
- Bioactive Protein Utilization Enzymes
- Rich in BCAAs and other Essential and Non-Essential Amino Acids
- MCTs, EFAs, Glutamine Peptides and Glutamine AKG
- Aspartame FREE

Stack with NITRIX®, N.O.-XPLODE™, CELLMASS®, AXIS-HT™ and SYNTHA-6™ 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, mix 3 scoops with 16 oz. of cold water or any beverage of your choice. Vary the amount of liquid to achieve your 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

www.BSNonline.net

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



SUPPLEMENT FACTS

Serving Size: 3 scoops (145g) |
Servings Per Container: 18

	In 16oz Water		In 16oz Fat Free Milk	
	Amount Per Serving	% DV*	Amount Per Serving	% DV*
Calories	590		760	
Calories From Fat	150		160	
Total Fat	16g	25%	17g	28%
Saturated Fat	4.5g	23%	4.5g	23%
Cholesterol	130mg	43%	138mg	45%
Total Carbohydrates	70g	23%	94g	31%
Dietary Fiber	6g	25%	6g	25%
Sugars	15g	**	39g	**
Protein	46g	92%	62g	124%
Vitamin A	5000IU	100%	5296IU	106%
Vitamin C	60mg	100%	64mg	107%
Vitamin D	400IU	100%	580IU	145%
Vitamin E	30IU	100%	37IU	123%
Vitamin K	80mcg	100%	80mcg	100%
Thiamin	1.5mg	100%	1.7mg	113%
Riboflavin	1.7mg	100%	2.4mg	141%
Niacin	20mg	100%	20mg	100%
Vitamin B6	2mg	100%	2mg	100%
Folic Acid	400mcg	100%	452mcg	113%
Vitamin B12	6mcg	100%	6mcg	100%
Biotin	300mcg	100%	309mcg	100%
Pantothenic Acid	10mg	100%	10mg	100%
Calcium	362mg	36%	964mg	96%
Iron	18mg	100%	18mg	100%
Phosphorus	629mg	63%	629mg	63%
Iodine	150mcg	100%	150mcg	100%
Magnesium	400mg	100%	466mg	114%
Zinc	15mg	100%	17mg	113%
Selenium	70mcg	100%	70mcg	100%
Copper	2mg	100%	2mg	100%
Manganese	2mg	100%	2mg	100%
Chromium	120mcg	100%	120mcg	100%
Sodium	330mg	14%	582mg	24%
Potassium	770mg	22%	1584mg	45%

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

Other Ingredients: A Sustained Release Ultra-Premium Protein & Amino Acid Matrix Comprised of (Ultrafiltered Whey Protein Concentrate[Milk] Contains Alpha-Lactalbumin, Microfiltered Whey Protein Isolate[Milk] Contains Whey Isolate Peptide Fractions, Calcium Caseinate [Milk], Micellar Alpha And Beta Casein 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, Richens Sunflower powder consisting of (Sunflower Oil, Corn Syrup Solids, Sodium Caseinate[Milk], Mono- & Di-Glycerides, and Dipotassium Phosphate, Tricalcium Phosphate, Soy Lecithin, Tocopherols), Polydextrose, Natural Flavor & Artificial Flavors, MCT Powder consisting of, (Medium Chain Triglycerides, Non-Fat Dry Milk, Disodium Phosphate, Silicon Dioxide), Vitamin & Mineral Blend consisting of (Magnesium Phosphate, Ascorbic Acid, Alpha-Tocopheryl Acetate (Vitamin E), Chromium Chelate, Vitamin A Palmitate, Selenium Chelate, Nicotinamide, Zinc Oxide, Vitamin K1, Electrolytic Iron, Copper Gluconate, d-Calcium Pantothenate, Vitamin D3, Manganese Sulfate, Pyridoxine Hydrochloride, Riboflavin, Thiamine Mononitrate, Vitamin B12, Folic Acid, Biotin, Potassium Iodide), Cellulose Gum, Xanthan Gum, Gum Acacia, Guar Gum, Saccharose, Acesulfame Potassium and Papain.

Allergen Warning: Manufactured on equipment which processes products containing milk, egg, soybeans, shellfish, fish oil, tree nuts, and peanut flavor.

† Due to settling, a natural occurrence with powders, variations in the powder height level may vary from bottle to bottle. Additionally, powder density may be affected as a result of the settling which may cause slight variations in the scoop serving size.

*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.