

CORE SERIES

ASPARTAME FREE



FINISH FIRST.

TRUE-MASS™

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

SUPPLEMENT FACTS				
Serving Size: 3 scoops (145g) ‡				
Servings Per Container: 18				
In 16oz Water		In 2% Skim Milk		
Calories	633		833	
Calories From Fat	153		243	
Amount Per Serving	% of DV†	Amount Per Serving	% of DV†	
Total Fat	17g	26%	27g	42%
Saturated Fat	5g	25%	11g	55%
Trans Fat	0g		0g	
Cholesterol	125mg	40%	160mg	53%
Sodium	270mg	11%	510mg	21%
Potassium	460mg	13%	460mg	13%
Total Carbohydrates	70g	23%	92g	31%
Dietary Fiber	6g	24%	6g	24%
Sugars	14g		36g	
Protein	50g		68g	
Vitamins A	5000 IU	100%	5500 IU	110%
Vitamins C	60mg	100%	62.4mg	104%
Calcium	250mg	25%	550mg	55%
Iron	18mg	100%	18mg	100%
Vitamins B	400 IU	100%	500 IU	125%
Vitamins 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%
Vitamins B6	2mg	100%	2mg	100%
Folic Acid	400mcg	100%	400mcg	100%
Vitamins 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, Richmix Sunflower powder consisting of (Sunflower Oil, Core 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, Sodium Phosphate, and Silicon Dioxide), Vitamin & Mineral Blend consisting of (Magnesium Phosphate, Ascorbic Acid, Vitamin E Acetate, Biotin, Chromium Chloride, Nicotinamide, Vitamin A Palmitate, Selenium Chelate, Calcium Pantothenate, Zinc Oxide, Vitamin K1, Copper Gluconate, Vitamin D3, Manganese Sulfate, Pyridoxine HCL, Thiamin Mononitrate, Riboflavin, Vitamin B12, Folic Acid and Potassium Iodide), Qualical Cellulose Gum, Ticalose® Cellulose Gum, Xanthan Gum, Guar Gum, Gum Acacia, Acesulfame Potassium, Sucralose, Lecithin [Soy], Anisegon®, 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.				



VANILLA
ICE CREAM

V.1.680.1105US

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

