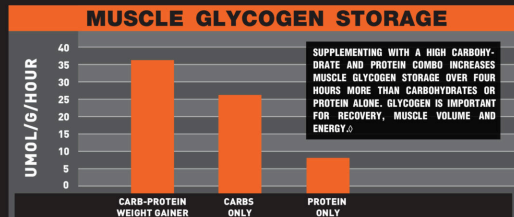


TOO OFTEN, HARD-GAINERS WHO STRIVE TO PACK ON MUSCLE MASS NEGLECT ONE OF THE MOST IMPORTANT DETERMINING FACTORS – YOU’VE GOT TO EAT BIG TO GET BIG. BODY FORTRESS KNOWS THAT YOUR BODY NEEDS A SURPLUS OF CALORIES AND KEY NUTRIENTS IN ORDER TO STIMULATE GROWTH. THAT’S WHY OUR SUPER ADVANCED MASS GAINER HAS BEEN FORMULATED TO DELIVER OVER 1,000 MASS BUILDING CALORIES*, BECAUSE MUSCLE ISN’T BUILT WITH MARKETING GIMMICKS. ◊ IT TAKES HEAVY LIFTING IN AND OUT OF THE GYM.

-  KEY NUTRIENTS TO BUILD SIZE, STRENGTH, & LEAN MASS◊
-  CARBS TO REPLENISH MUSCLES & BOOST POST-WORKOUT RECOVERY◊
-  HIGH CONCENTRATION OF NATURALLY OCCURRING BCAAs
-  CONTAINS ZERO ASPARTAME – ZERO GLUTEN – ZERO GIMMICKS

IT’S TIME TO TRASH THOSE OLD-FASHIONED LOW CARB TRENDS AND REALIZE THAT CARBOHYDRATES ARE YOUR FRIEND. IN ADDITION TO YOUR BODY USING CARBS AS A SOURCE OF WORKOUT FUEL, THEY ALSO PROVIDE VITAL POST-WORKOUT NUTRITION.◊ SUPER ADVANCED MASS GAINER COMBINES CARBOHYDRATES, PREMIUM PROTEIN, AND A FULL 2.6G DOSE OF BETAPOWER® BETAINES TO IMPROVE RECOVERY, SUPPORT LEAN MASS, AND CREATE A MORE EFFECTIVE MUSCLE BUILDING FORMULA.◊



Zawadzki, K. et al. Carbohydrate-protein complex increases the rate of muscle glycogen storage after exercise. *J. Appl. Physiol.* 1992; 72(5) pp 1854-1859.



HAVE YOU MADE SUPER ADVANCED CREATINE PART OF YOUR TRAINING?

ADD SUPER ADVANCED CREATINE to your training routine and amplify your results with maximum performance and strength.◊ Our advanced formula is designed to help you increase reps, recover faster, and build more muscle so you can push the bar higher every workout.◊

4LB. VALUE SIZE



SUPER ADVANCED

MASS GAINER

**MORE EFFECTIVE THAN PROTEIN ALONE◊
ULTIMATE MUSCLE MASS BUILDER◊**

40g
PROTEIN*

1000+
CALORIES*

 BUILD SIZE, STRENGTH, & LEAN MASS◊

 BOOST POST-WORKOUT RECOVERY◊

 ZERO ASPARTAME
ZERO GLUTEN

CHOCOLATE
Natural & Artificial Flavors

*PER 4 SCOOPS

Supplement Facts

Serving Size Scoops Per Container	3 Scoops (133.5 g) about 14	6 Scoops (267 g) about 28
Amount Per Serving	%Daily Value	%Daily Value
Calories	520	1,050
Calories from Fat	45	90
Total Fat	5 g	8%**
Saturated Fat	1.5 g	8%**
Cholesterol	55 mg	18%**
Total Carbohydrate	98 g	33%**
Dietary Fiber	1.5 g	6%**
Sugars	9 g	18%**
Protein	20 g	40%**
Calcium	115 mg	12%
Phosphorus	110 mg	11%
Magnesium	35 mg	2%
Sodium	140 mg	6%
Potassium	300 mg	9%
BetaPower® Betaine Anhydrous	1.25 g	*** 2.5 g

OTHER INGREDIENTS: Maltodextrin, Protein Matrix (Whey Protein Concentrate, Whey Protein Isolate, Milk Protein Concentrate, Calcium Caseinate), Cocoa (processed with alkali), Fructose, Non-Dairy Creamer (Sunflower Oil, Maltodextrin, Sodium Caseinate, Mono- & Di-glycerides, Natural Tocopherols, Tricalcium Phosphate), Soy Lecithin, Sunflower Oil, Natural and Artificial Flavor, Xanthan Gum, Acesulfame Potassium, Sucralose.

Contains milk and soy ingredients.

TYPICAL AMINO ACID PROFILE (MILLIGRAMS PER 267 G SERVING****)

ESSENTIAL AMINO ACIDS	NONESSENTIAL AMINO ACIDS
Histidine 698 mg	Alanine 2,043 mg
Isoleucine 2,471 mg	Arginine 940 mg
Leucine 3,935 mg	Aspartic Acid 4,242 mg
Lysine 3,363 mg	Cysteine 1,000 mg
Methionine 814 mg	Glutamic Acid 6,522 mg
Phenylalanine 1,188 mg	Glycine 812 mg
Threonine 2,791 mg	Proline 2,587 mg
Tryptophan**** 450 mg	Serine 1,838 mg
Valine 2,114 mg	Tyrosine 1,125 mg

****L-Tryptophan is naturally occurring; not added.
****approximate values

BetaPower® is a registered trademark of Danisco A/S.

BODY FORTRESS
YOUR BODY • YOUR FORTRESS.®

For more information on other Body Fortress® products or for complete training and nutrition programs, visit www.bodyfortress.com

Directions: For adults, mix 1 serving (3 scoops) with 12 fl. oz. of water or for maximum mass building, mix 2 servings (6 scoops) with 20 - 24 fl. oz. of water. Amount of liquid can be increased or decreased in order to reach desired level of consistency.



Stir for 20-30 seconds or until completely blended. Cover and shake for 20-30 seconds. Cover and blend for 20-30 seconds.

Use in conjunction with an intense daily exercise program and a balanced diet including an adequate caloric intake.

WARNING: If you are pregnant, nursing, taking any medications or have any medical condition, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur.

KEEP OUT OF THE REACH OF CHILDREN. STORE AT ROOM TEMPERATURE, TIGHTLY CLOSED AND AVOID EXCESSIVE HEAT. FOR YOUR PROTECTION, DO NOT USE IF SEAL UNDER CAP IS BROKEN OR MISSING.

FREE OF: YEAST, WHEAT, PRESERVATIVES.

Contents are sold by weight. Some setting may occur.



Manufactured according to cGMP standards, as required for all dietary supplements.

GLUTEN FREE



Carefully Manufactured for United States Nutrition, Inc. Bohemia, NY 11716 U.S.A. 1-800-215-9980



PROTEIN SUPPLEMENT/ NET WT. 4lb. (64 oz.) (1,814 g)

NOTICE: Use this product as a food supplement only. Do not use for weight reduction.