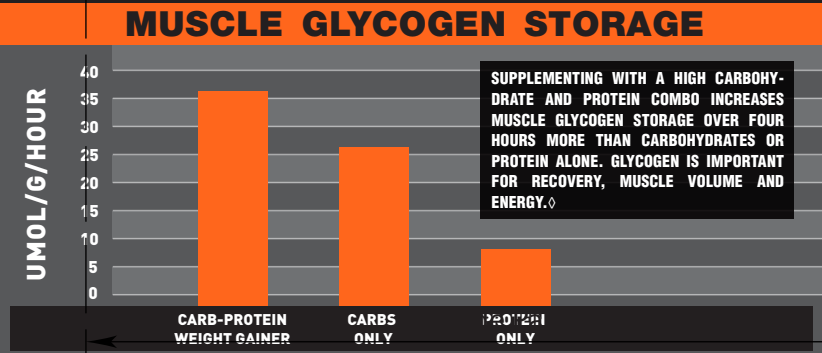


TOO OFTEN, HARD-GAINERS WHO STRIVE TO PACK ON MUSCLE MASS NEGLECT ONE OF THE MOST IMPORTANT DETERMINING FACTORS – YOU’VE GOT TO EAT BIG TO GET BIG. BODY FORTRESS KNOWS THAT YOUR BODY NEEDS A SURPLUS OF CALORIES AND KEY NUTRIENTS IN ORDER TO STIMULATE GROWTH. THAT’S WHY OUR SUPER ADVANCED MASS GAINER 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 2.5G DOSE OF BETAPOWER® BETAINA 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. *Jrnl of Applied Phys.* 1992. 72(5) pg 1854-1859.



HAVE YOU MADE SUPER ADVANCED CREATINE HP2 PART OF YOUR TRAINING?

ADD SUPER ADVANCED CREATINE HP2 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

BODY FORTRESS®

SUPER ADVANCED MASS GAINER

MORE EFFECTIVE THAN PROTEIN ALONE◇
ULTIMATE MUSCLE MASS BUILDER◇

40g
PROTEIN*

1000+
CALORIES*

VANILLA
Natural & Artificial Flavors

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.

Front Panel Graphics should be created on 11" x 17" sheet.

Fold 1

Fold 2

Front Panel

Back Panel

*PER 6 SCOOPS

Supplement Facts

Serving Size	3 Scoops (128.5 g)	6 Scoops (257 g)
Servings Per Container	about 14	about 7
Amount Per Serving	%Daily Value	%Daily Value
Calories	510	1,020
Calories from Fat	40	80
Total Fat	4.5 g	9 g
Saturated Fat	1.5 g	3 g
Cholesterol	60 mg	115 mg
Total Carbohydrate	95 g	191 g
Sugars	9 g	17 g
Protein	20 g	40 g
Calcium	116 mg	232 mg
Phosphorus	88 mg	175 mg
Magnesium	16 mg	32 mg
Sodium	140 mg	280 mg
Potassium	130 mg	260 mg
BetaPower® Betaine Anhydrous	1.25 g	2.5 g

**Percent Daily Values are based on a 2,000 calorie diet.
***Daily Value not established.

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

FREE OF: yeast, wheat, preservatives.

Typical Amino Acid Profile (milligrams per 257 g serving****)			
ESSENTIAL AMINO ACIDS		NONESSENTIAL AMINO ACIDS	
Histidine	622 mg	Alanine	2,125 mg
Isoleucine	2,597 mg	Arginine	868 mg
Leucine	4,133 mg	Aspartic Acid	4,379 mg
Lysine	3,579 mg	Cysteine	1,046 mg
Methionine	850 mg	Glutamic Acid	6,681 mg
Phenylalanine	1,177 mg	Glycine	781 mg
Threonine	2,873 mg	Proline	2,695 mg
Tryptophan****	450 mg	Serine	1,898 mg
Valine	2,153 mg	Tyrosine	1,134 mg

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

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



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 25-30 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.

◇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.

Contents are sold by weight. Some settling may occur.



Carefully Manufactured for United States Nutrition, Inc. Bohemia, NY 11716 U.S.A. 1-800-215-5980

