



**Suggested Use:** Consume 1-4 scoops depending on your calorie and protein requirements. For each scoop, add 4-6 ounces of cold water, milk or your favorite beverage to a shaker cup or blender and mix for 30-45 seconds. Vary the amount of liquid to meet your desired taste and consistency. Using fat-free milk instead of water will give you a thicker, creamier shake.

**Between Meals:** Consume between meals to maintain positive nitrogen balance and support a high-calorie diet. ‡

**Post-Workout:** Consume 30 minutes following exercise to replenish glycogen and support maximum recovery. ‡

## HIGH CALORIE ENHANCED PEPTIDE EXTREME MASS GAINER PROTEIN

Extreme Mass uses a scientifically advanced protein formula that feeds your muscle with 53 grams of amino packed protein in a steady stream lasting up to 3 hours. 76% of the total protein comes from pure WPC 80 for quick absorption into muscle, and 30% comes from pure Micellar Casein for sustained release protein absorption. ‡

- NO INFERIOR PROTEINS
- NO GLUTEN or SOY
- NO ION EXCHANGED WHEY
- NO TRANS FAT or DEXTROSE
- NO PROPRIETARY BLENDS
- NO HIDDEN INGREDIENTS
- NO FILLERS or EXCIPIENTS
- NO BANNED SUBSTANCES

## HIGH CONCENTRATION OF BCAAs & AMINO ACIDS

Shown is the typical amino acid profile per serving which is derived from whey protein and micellar casein only. Absolutely no ingredients have been added to spike protein values.

| Essential Amino Acids (EAAs) | Conditionally Essential Amino Acids (CAAs) | Nonessential Amino Acids (NAAs) |
|------------------------------|--------------------------------------------|---------------------------------|
| Tryptophan 1437mg            | Arginine 1466mg                            | Aspartic Acid 4905mg            |
| Valine ** 3216mg             | Cysteine 71mg                              | Serine 2563mg                   |
| Threonine 3115mg             | Isoleucine 2828mg                          | Glycine 1044mg                  |
| Isoleucine ** 3115mg         | Histidine 1146mg                           | Alanine 2194mg                  |
| Leucine ** 5185mg            | Proline 4831mg                             |                                 |
| Lysine 4461mg                | Glutamic Acid 9789mg                       |                                 |
| Phenylalanine 1606mg         | (Glutamine Precursor)                      |                                 |
| Methionine 1150mg            | ** Branched Chain Amino Acids              |                                 |

# NUTRABIO

BUILD | REPAIR | GROW†

# EXTREME MASS

ADVANCED ANABOLIC MASS GAINER†

- NO FILLERS
- NO EXCIPIENTS
- NO TRANS FAT

650 Calorie Carb Formula  
High Concentration of BCAAs  
Complete Spectrum Amino Acid Profile

## 6lbs

Natural Flavoring  
Dietary Supplement  
Net Wt. 6 lb (2722 g)

MADE IN OUR  
**GMP**  
— & —  
**FDA**  
INSPECTED  
FACILITY

**53G**  
PROTEIN

**11.6G**  
BCAAs

NON-GMO  
①②

## FULL LABEL DISCLOSURE

NO PROPRIETARY BLENDS | EVERY INGREDIENT DISCLOSED WITH DOSAGE

## Supplement Facts

Serving size: 4 scoops (174.1 grams)  
Servings per container: 15

| Amount Per Serving                       | % Daily Value | Amount Per Serving                                                                                      | % Daily Value |
|------------------------------------------|---------------|---------------------------------------------------------------------------------------------------------|---------------|
| Calories 650                             |               | Iron 1mg                                                                                                | 61%           |
| Calories from Fat 55                     |               | Phosphorus (potassium phosphate) 407mg                                                                  | 407%          |
| Total Fat 8g                             | 8%            | Iodine potassium iodide 201mcg                                                                          | 134%          |
| Saturated Fat 4.5g                       | 22%           | Magnesium (magnesium oxide) 126mg                                                                       | 32%           |
| Cholesterol 115mg                        | 38%           | Zinc (zinc citrate) 15mg                                                                                | 100%          |
| Total Carbohydrate 130g                  | 33%           | Selenium (selenium chelate) 79mcg                                                                       | 100%          |
| Dietary Fiber 6g                         | 22%           | Copper (copper oxide) 5mg                                                                               | 100%          |
| Sugars 8g                                | †             | Chromium (chromium nicotinate chelate) 120mcg                                                           | 100%          |
| Protein 53g                              | 106%          | Sodium 181mg                                                                                            | 8%            |
| Vitamin A palmitate 500IU                | 100%          | Potassium (potassium phosphate) 462mg                                                                   | 13%           |
| Vitamin C (ascorbic acid) 60mg           | 100%          |                                                                                                         |               |
| Vitamin D (cholecalciferol) 400IU        | 100%          | <b>Multivitamin</b> (Long Chain Polymeric Protein) 83g                                                  | †             |
| Vitamin E (DL-α-tocopheryl acetate) 30IU | 100%          | <b>Whey Protein Concentrate</b> (WPC 80) (non-denatured) 47.3g                                          | †             |
| Thiamin (thiamine mononitrate) 1.5mg     | 100%          | (CPS used for most and ultra-filtered (UFC) used for whey isolate and whey concentrate)                 |               |
| Riboflavin (Riboflavin) 2.1mg            | 124%          | <b>Micellar Casein</b> 16.8g                                                                            | †             |
| Vitamin B3 (niacinamide) 20mg            | 100%          | (CPS used for most and ultra-filtered (UFC) used for whey isolate and whey concentrate)                 |               |
| Vitamin B5 (pantoic acid) 2mg            | 100%          | <b>MCT Powder</b> (Medium Chain Triglyceride) 4.5g                                                      | †             |
| Folic Acid 400mcg                        | 100%          | <b>Digestive Resistant Multivitamin</b> 5.4g                                                            | †             |
| Vitamin B12 (methylcobalamin) 6mcg       | 100%          | <b>Flavor Profile</b> 2.87g                                                                             | †             |
| Biotin 300mcg                            | 100%          | (natural coconut 1.2g, natural and artificial flavoring, natural citric acid, natural vanilla bean 1mg) |               |
| Pantothenic Acid (Vitamin B5) 10mg       | 100%          |                                                                                                         |               |
| Calcium 604mg                            | 60%           |                                                                                                         |               |

Other Ingredients: ABSOLUTELY NONE.

Allergens: Milk, Kosher, Non-GMO, Gluten Free, Soy Free, & BSE/TSE Free.

This product is intended as a dietary supplement only. Do not use as a sole source of nutrition.

STORE IN A COOL DRY PLACE. SERVING SPOON INCLUDED (MAY SETTLE TO THE BOTTOM DURING SHIPPING)

(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.)

**NUTRABIO**

WITHOUT COMPROMISE SINCE 1994

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