

Amino Acid Profile Per Serving	
Amino Acids	Grams
Essential Amino Acids	
Leucine	5.20
Isoleucine	2.82
Valine	2.95
Histidine	0.95
Lysine	4.50
Methionine	1.16
Phenylalanine	1.70
Threonine	3.20
Tryptophan	0.80
Total BCAAs	10.97
Total EAAs	23.28
Non-Essential Amino Acids	
Alanine	2.34
Aspartic Acid	4.91
Arginine	1.45
Cystine	0.94
Glycine	0.93
Glutamine & Glutamic Acid	8.91
Proline	3.10
Tyrosine	1.59
Serine	2.55

REACH YOUR MAXIMUM HUMAN PERFORMANCE

Reach Your MHP with our exclusive Premium Series. Every product label tells you exactly what's in the bottle, so you know you're getting science-driven sports performance in every serving.

For over a decade athletes have trusted Up Your Mass to fuel their workouts and help them gain lean muscle mass, not fat. The ultimate weight gainer is now even better. This unique Informed Choice Certified, what-you-see-is-what-you-get formula, has no hidden ingredients or proprietary blends!

- ✓ Best In Class, Fully Disclosed, Clean Weight Gainer*
- ✓ Informed Choice Certified
- ✓ 50g Protein – 6-Phase Anabolic Protein Blend*
- ✓ 660 Calories Per Serving
- ✓ Perfectly Balanced 2:1 Carb to Protein Ratio*
- ✓ 100g Low Glycemic Carbs – Sweet Potato, Carb10™, Oat Fiber & Polydextrose*
- ✓ Insulin & Carb Control – Cinullin PF® & Alpha Lipoic Acid*
- ✓ 11g BCAAs, 8.9g Glutamine & Precursors, Plus 500mg HICA
- ✓ Unique BCKA Matrix Lowers Protein Breakdown & Spares BCAAs*
- ✓ Digestive Support – 10g Fiber, Digestive Enzymes & Pre-biotics*
- ✓ 18 Vitamins & Minerals
- ✓ 2g Creatine

Carb10
Is a trademark of
Compound Solutions, Inc.



SIX FULLY DISCLOSED, QUICK & SUSTAINED RELEASE PROTEINS-PROTEIN YIELD*

36g	5g	3g	2.5g	2.5g	1g	=	50g
Whey Protein Concentrate	Milk Protein Concentrate	Hydrolyzed Whey Protein	Whey Protein Isolate	Calcium Caseinate	Egg White Protein		TOTAL PROTEIN

OFFICIAL
MHP
PRODUCT



DRIVEN BY
MHP
SCIENCE

MHP™

MAXIMUM HUMAN PERFORMANCE

UP YOUR MASS

HIGH PROTEIN SUPER WEIGHT GAINER*

50g Protein	660 Calories	11g BCAAs	2:1 Carb:Protein	12 Servings
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CHOCOLATE

NATURALLY & ARTIFICIALLY FLAVORED

Dietary Supplement
Net Wt. 4.71 lbs. (2,136g)



Directions: Mix one serving (4 scoops) with 16 fl. oz. of cold water, or 16 fl. oz. of whole milk and shake or stir vigorously until smooth. A shaker or blender may be used if desired, and mixed with your favorite foods.

Supplement Facts

	Amount Per Serving (With 16 fl. oz. water)		Amount Per Serving (With 16 fl. oz. whole milk)	
	Per Serving	% Daily Value†	Per Serving	% Daily Value†
Calories	660		960	
Calories from Fat	80		230	
Total Fat	9 g	14%†	25 g	38%†
Saturated Fat	7 g	35%†	16 g	80%†
Cholesterol	125 mg	42%†	170 mg	57%†
Total Carbohydrate	100 g	33%†	124 g	41%†
Dietary Fiber	10 g	40%†	10 g	40%†
Sugars	8 g	‡	33 g	‡
Protein	50 g	100%†	65 g	130%†
Vitamin A	2,500 IU	50%	3,300 IU	66%
Vitamin C	30 mg	50%	30 mg	50%
Vitamin D	100 IU	25%	350 IU	88%
Vitamin E	3.5 IU	12%	3.5 IU	12%
Thiamin	0.4 mg	27%	0.6 mg	40%
Riboflavin	0.9 mg	53%	1.7 mg	100%
Niacin	5 mg	25%	5.4 mg	27%
Vitamin B6	0.8 mg	40%	1 mg	50%
Folic acid	100 mcg	25%	120 mcg	30%
Vitamin B12	2 mcg	33%	4 mcg	67%
Biotin	150 mcg	50%	150 mcg	50%
Pantothenic acid	1.5 mg	15%	1.5 mg	15%
Calcium	360 mg	36%	910 mg	91%
Iron	3.5 mg	19%	3.5 mg	19%
Selenium	10.5 mcg	15%	10.5 mcg	15%
Chromium	60 mcg	50%	60 mcg	50%
Sodium	520 mg	22%	730 mg	30%
Potassium	570 mg	16%	1,210 mg	35%

Active Ingredients

	Amount Per Serving	% Daily Value†
Long Lasting Energy, Carbohydrate Blend	93.4 g	‡
Maltodextrin	65.8 g	
Polydextrose	10.3 g	
High Amylose Polysaccharide (Pisum Sativum (as Carb10™))	10 g	
Sweet Potato Powder	5 g	
Oat Fiber	2.3 g	
Advanced Muscle Recovery Complex	700 mg	‡
HICA (alpha-hydroxy-isocaproic acid)	500 mg	
Alpha-keto-leucine	100 mg	
Alpha-keto-isoleucine	50 mg	
Alpha-keto-valine	50 mg	
Carb Control Agents	100 mg	‡
Cinullin PF® cinnamon bark extract	50 mg	
Alpha Lipoic Acid	50 mg	
Digestive Enzymes	100 mg	‡
(Papain, acid protease, lipase, fungal amylase, amyloglucosidase, cellulase, hemicellulase, fungal lactase)		
Creatine Monohydrate	2000 mg	‡

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

Other Ingredients: Protein blend (whey protein concentrate, milk protein concentrate, hydrolyzed whey protein, whey protein isolate, calcium caseinate, egg white protein), Flavor system (cocoa, natural & artificial flavor, gum acacia, xanthan gum, acesulfame potassium, sucralose, caramel color), coconut oil powder, safflower oil creamer (safflower oil, corn syrup solids, sodium caseinate, dipotassium phosphate, mono and diglycerides, lecithin, tocopherols, natural flavor, and less than 2% silicon dioxide (anti-caking agent)), medium chain triglycerides, canola oil creamer (canola oil, corn syrup solids, sodium caseinate, dipotassium phosphate, mono and diglycerides and silicon dioxide (anti-caking agent)), salt, Vitamin & Mineral Pre-Mix (ascorbic acid, biotin, iron amino acid chelate, niacinamide, selenium amino acid chelate, d-alpha-tocopheryl acetate, D-calcium pantothenate, cholecalciferol, folic acid, pyridoxine hydrochloride, riboflavin, chromium amino acid chelate, thiamin hydrochloride, cyanocobalamin, retinyl palmitate).
Contains: Soy, Milk, and Egg.

*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.

Manufactured for and Distributed by:
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