

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
<b>Total BCAAs</b>	<b>10.97</b>
<b>Total EAAs</b>	<b>23.28</b>
Non-Essential Amino Acids	
Alanine	2.34
Aspartic Acid	4.91
Arginine	1.45
Cystine	0.94
Glycine	0.93
<b>Glutamine &amp; Glutamic Acid</b>	<b>8.91</b>
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\***

<b>36g</b>	<b>5g</b>	<b>3g</b>	<b>2.5g</b>	<b>2.5g</b>	<b>1g</b>	=	<b>50g</b>
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\*

<b>50g</b> Protein	<b>660</b> Calories	<b>11g</b> BCAAs	<b>2:1</b> Carb:Protein	<b>12</b> Servings
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**COOKIES & CREAM**

NATURALLY & ARTIFICIALLY FLAVORED



Dietary Supplement  
Net Wt. 4.66 lbs. (2,112g)

**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)	
	Amount Per Serving	% Daily Value†	Amount Per Serving	% Daily Value†
<b>Calories</b>	660		950	
Calories from Fat	80		230	
<b>Total Fat</b>	9 g	14%†	25 g	38%†
Saturated Fat	6 g	30%†	15 g	75%†
<b>Cholesterol</b>	130 mg	43%†	175 mg	58%†
<b>Total Carbohydrate</b>	100 g	33%†	124 g	41%†
Dietary Fiber	10 g	40%†	10 g	40%†
Sugars	9 g	±	33 g	±
<b>Protein</b>	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	375 mg	38%	930 mg	93%
Iron	2.7 mg	15%	2.7 mg	15%
Selenium	10.5 mcg	15%	10.5 mcg	15%
Chromium	60 mcg	50%	60 mcg	50%
Sodium	370 mg	15%	580 mg	24%
Potassium	590 mg	17%	1,230 mg	35%

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

**Active Ingredients**

	Amount Per Serving	% Daily Value†
<b>Long Lasting Energy, Carbohydrate Blend</b>	94.3 g	±
Maltodextrin	67.5 g	
Polydextrose	10 g	
High Amylose Polysaccharide (Pisum Sativum [as Carb10™])	10 g	
Sweet Potato Powder	5 g	
Oat Fiber	1.8 g	
<b>Advanced Muscle Recovery Complex</b>	700 mg	±
HICA (alpha-hydroxy-isocaproic acid)	500 mg	
Alpha-keto-leucine	100 mg	
Alpha-keto-isoleucine	50 mg	
Alpha-keto-valine	50 mg	
<b>Carb Control Agents</b>	100 mg	±
Cinullin PF®	50 mg	
cinnamon bark extract	50 mg	
Alpha Lipoic Acid	50 mg	
<b>Digestive Enzymes</b>	100 mg	±
(Papain, acid protease, lipase, fungal amylase, amyloglucosidase, cellulase, hemicellulose, fungal lactase)		
Creatine Monohydrate	2000 mg	±

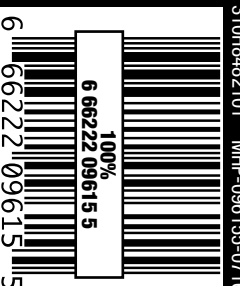
† Percent Daily Values are based on a 2,000 calorie diet.  
± Daily Value not established.  
Keep out of reach of children.  
Store at 10-30°C (50-86°F).  
Protect from heat, light and moisture.  
Do not purchase if seal is broken.

**Other Ingredients:** Protein blend (whey protein concentrate, milk protein concentrate, hydrolyzed whey protein, whey protein isolate, calcium caseinate, egg white protein), Coconut oil powder, gluten free cookie crumbs (rice flour, sugar, cocoa (processed with alkali), tapioca starch, palm oil, corn starch, natural flavors, salt, sodium bicarbonate, soy lecithin), natural and artificial flavors, 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)), xanthan gum, salt, Vitamin & Mineral Pre-Mix (ascorbic acid, biotin, iron amino acid chelate, nicotinamide, 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), sucralose and acesulfame potassium. **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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