

The Advantage Over Other Gainers

	Amplified Mass XXX™	Typical Mass Gainer
Clinically Proven Foundation of Carbs, Proteins and Fats	✓	No
Improves Mass with 40% Fewer Sets*	✓	No
Tri-MG Infusion™ with Betaine and HMB	✓	No
Micronized Amino Acids with MicroSorb™ Amino Technology	✓	No
Creatine Matrix Blend	✓	No

The Proof is in the Pounds!

Get Your Muscle On:

A university study has proven that the ratio of macronutrients in Amplified Mass XXX™ can help you put on lean muscle mass and improve strength and stamina with 40% fewer sets.* That means you get the same results with three sets of resistance training as non-users get with five sets.*

Add More Performance:

Studies show that betaine supports athletic performance.

Enhance Your Results:

Furthermore, over 500 research studies confirm that creatine can safely and effectively improve gains in muscle mass and athletic performance when combined with regular exercise.

AMPLIFIED MASS
3 SETS + XXX™ = 5 SETS
 EQUAL GAIN IN MASS, MUSCLE STRENGTH AND ENDURANCE*

* In an eight week randomized double-blind placebo-controlled study of healthy male volunteers, 18 subjects completed 3 sets of resistance training (RT) daily + the macronutrient blend in Amplified Mass XXX™, and 16 subjects performed 5 sets RT daily with no supplement. After eight weeks, subjects on the supplement showed equal gains in body weight, fat free mass (FFM), maximal muscle strength (MMS) and muscle endurance (ME) with only 3 sets RT per day compared to the control group who completed 5 sets RT per day.

Store in a cool, dry place.

For More Information:
 1-888-462-2548

SHOP NOW @ GNC.COM

Distributed by:
 General Nutrition Corporation
 Pittsburgh, PA 15222

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Place UPC Here



Anabolic mass gainer

AMPLIFIED MASS XXX™

- 50g of Protein with Micronized Aminos
- Increases Lean Mass with 40% Fewer Sets*
- 3g of Creatine to Improve Athletic Performance
- Improves Muscle Stamina & Strength*



Clinically Researched

COOKIES & CREAM

Natural + artificial flavors

NET WT 6 LB (96 OZ) 2727 G

CODE 350152 HKG

DIRECTIONS: Mix 4 level scoops (205g) with 16 ounces of cold water or milk. Consume 1-2 servings daily.

Nutrition Facts

Serving Size Four Level Scoops (205g)
 Servings Per Container 13

Amount Per Serving	4 level scoops*	4 level scoops**
Calories	750	990
Calories from Fat	50	140
	%Daily Value†	
Total Fat 6g	9%	23%
Saturated Fat 4g	20%	50%
Trans Fat 0g		
Cholesterol 100mg	33%	45%
Sodium 500mg	21%	31%
Potassium 725mg	21%	42%
Total Carbohydrate 124g	41%	49%
Dietary Fiber 4g	16%	16%
Sugars 20g		
Protein 50g		
Vitamin A	0%	20%
Vitamin C	0%	6%
Calcium	50%	110%
Iron	8%	8%

* Mixed with 2 cups of water.

** Mixed with 2 cups of 2% reduced fat milk. Two cups of reduced fat milk provides an additional 240 calories, 9g total fat (6g saturated fat), 36mg cholesterol, 250mg sodium, 750mg potassium, 23g total carbohydrate (23g sugars), and 16g protein.

† Percent Daily Values are based on a 2000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium	Less than	3,500mg	3,500mg
Total Carbohydrate	Less than	300g	375g
Dietary Fiber	Less than	25g	30g
Calories per gram:			
Fat 9	•	Carbohydrate 4	• Protein 4

INGREDIENTS: Maltodextrin, Protein Blend (Whey Protein Concentrate, Calcium Caseinate, Soy Protein Isolate), Natural and Artificial Flavor, Cookie Bits (Enriched Flour [Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid], Sugar, Palm and Palm Kernel Oil Blend, Cocoa [Processed with Alkali]), High Fructose Corn Syrup, Corn Flour, Salt, Dextrose, Sodium Bicarbonate, Soy Lecithin, Medium Chain Triglycerides, Polydextrose, Tri-MG Infusion™ (Betaine Anhydrous, HMB [as Calcium HMB]), Creatine Matrix Blend (DiCreatine Malate, Creatine Ethyl Ester HCL, Guanidinoacetate, Creatine AKG, L-Arginine, L-Glycine, L-Methionine), Lecithin, Micronized Amino Acids (Glutamine [as Micronized L-Glutamine], Arginine [as Micronized L-Arginine], Leucine [as Micronized L-Leucine]), Salt, Acesulfame Potassium, Sucralose.

CONTAINS: Milk, Soybeans and Wheat.

WARNING: Consult your physician prior to using this product if you are pregnant, nursing, taking medication, under 18 years of age or have a medical condition. Discontinue use two weeks prior to surgery.

NOTICE: Significant product settling may occur.

Tri-MG Infusion™ Betaine (as Betaine Anhydrous), HMB (as Calcium HMB)	3g
Creatine Matrix Blend DiCreatine Malate, Creatine Ethyl Ester HCL, Guanidinoacetate, Creatine AKG, L-Arginine, L-Glycine, L-Methionine	3g
Micronized Amino Acids Glutamine (as Micronized L-Glutamine), Arginine (as Micronized L-Arginine), Leucine (as Micronized L-Leucine)	500mg

What is Amplified Mass XXX™?

Need to pack on the pounds? AMPlify your gains with Amplified Mass XXX™ - our best mass gainer ever. Exclusive to GNC, this rock solid formula is engineered with ingredients proven to help you increase lean mass, weight, strength and stamina. Muscle up your diet with Amplified Mass XXX™ - the ultimate lean mass builder.

The Amplified Mass XXX™ Evolution

What makes this product AMPlified? It all starts with basic science....

THE FOUNDATION - Science-Based Sports Nutrition:

Balanced Sports Nutrition + Training = Maximal Gains in Lean Mass and Performance

The science doesn't lie - without enough of the right carbs, quality proteins and healthy fats to complement your training - you won't achieve maximal gains. The foundation of Amplified Mass XXX™ provides a ratio of nutrients proven to accelerate increases in lean mass and exercise performance.† This champion blend weighs in at 750 calories, 50 grams of fast, medium and slow absorbing proteins and a 124 gram blend of important carbs - and the amounts are even higher when mixed with 2% milk. That's science-based nutrition for Advanced Muscle Performance.

THE EXTRAS - Beyond the Basics:

Wait. There's more. This motherload of mass gainers is enhanced beyond basic nutrition. Infused with functional blends of ingredients and technologies - this formula offers an arsenal of advantages....

Tri-MG Infusion™ - This anabolic blend consists of clinically studied betaine (a.k.a. trimethylglycine) and HMB. This combination of ingredients creates an anti-catabolic effect for your muscles.

Micronized Amino Acids - Using MicroSorb™ Amino Technology, the amino acids added to this formula are pulverized, or "micronized" from large molecules into smaller particles to facilitate faster absorption. Why is that important? Better absorption of amino acids means better muscle fuel. These key amino acids, including glutamine, arginine and leucine, all support muscle protein synthesis and other key processes crucial to gaining mass.

Creatine Matrix Blend - For added muscle benefits, this matrix includes 3 forms of creatine, plus other ingredients your body uses to make creatine. Creatine helps to improve training results, support immediate energy production during exercise and is important for muscle protein synthesis.

Who Should Take Amplified Mass XXX™?

Amplified Mass XXX™ can help any athlete trying to gain mass or put on added pounds.

When Should I Take It?

For maximum results, Amplified Mass XXX™ should be taken daily. On training days, the product should be consumed immediately after exercise. On non-training days, the product should be taken first thing in the morning or between meals.

TYPICAL AMINO ACID PROFILE PER 50 GRAMS OF PROTEIN:

Arginine*	2241 mg	Lysine	4024 mg
Alanine	2156 mg	Methionine	1014 mg
Aspartate	4894 mg	Phenylalanine	1918 mg
Cystine	904 mg	Proline	3249 mg
Glutamine*	9337 mg	Serine	2464 mg
Glycine	1198 mg	Threonine	2777 mg
Histidine	1088 mg	Tryptophan	760 mg
Isoleucine†	2807 mg	Tyrosine	1719 mg
Leucine†	5088 mg	Valine†	2862 mg
		Total	50500 mg

† Indicates Branched Chain Amino Acids (BCAA). * Denotes naturally occurring and added free form amino acids.