

# 3 SETS + MASS 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 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.

Typical Amounts of Key Amino Acids Per 4 Scoop Serving to Support Optimal Muscle Growth and Development\*\*

11 G OF BCAA		35 G OF MUSCLE SUPPORTING AMINO ACIDS	
LEUCINE	GLUTAMINE & GLUTAMIC ACID	TYROSINE	
ISOLEUCINE	ASPARTIC ACID	CYSTINE	
VALINE	LYSINE	TRYPTOPHAN	
	THREONINE	HISTIDINE	
	PROLINE		
	ALANINE		
	SERINE		
	PHENYLALANINE		
4 G OF CREATINE BUILDING BLOCKS			
ARGININE			
METHIONINE			
GLYCINE			

\*\*When used in conjunction with an exercise program.



Products bearing this logo have been tested for banned substances by LGC Science, Inc., a world-class anti-doping lab. \*Product was tested for over 220 banned substances on the 2018 World Anti-Doping Agency (WADA) Prohibited List via LGC skip lot testing protocol #ICP0307. See gnc.com for more information.

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.



KEEP OUT OF REACH OF CHILDREN.  
Store in a cool, dry place.  
For More Information:  
1-888-462-2548  
GNC.com  
Distributed by:  
General Nutrition Corporation  
Pittsburgh, PA 15222 USA



## ADVANCED MUSCLE PERFORMANCE

# MASS XXX™

## CLINICALLY PROVEN MUSCLE STRENGTH & STAMINA

Increase Lean Muscle Mass with 40% Fewer Sets\*<sup>◇</sup>

Micronized Aminos to Help Fuel Muscles\*



### CHOCOLATE DOUGHNUT

NATURAL + ARTIFICIAL FLAVORS

750  
CALORIES†

50G  
PROTEIN‡

11g  
BCAA‡

3g  
CREATINE  
MATRIX‡

†Per 4 scoops

DIETARY SUPPLEMENT

NET WT 6.2 LB  
(99.2 OZ) 2812 G  
13 SERVINGS

CODE 386612

GTG

DIRECTIONS: As a dietary supplement, mix 4 level scoops with 16 fl. oz. of cold water. Consume 1 - 2 servings daily. On training days, consume post-workout. On non-training days, consume first thing in the morning or between meals. Consume ample amounts of water while taking this product.

## Supplement Facts

Serving Size Four Level Scoops (207 g)  
Servings Per Container 13

Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Calories	750	<b>Creatine Matrix Blend</b>	<b>3 g</b> *
Total Fat	7 g 9%†	Dicreatine Malate	890 mg *
Saturated Fat	4 g 20%†	Creatine Ethyl Ester HCl	800 mg *
Cholesterol	95 mg 32%	Guanidinoacetate	500 mg *
Total Carbohydrate	122 g 44%†	Creatine Monohydrate	400 mg *
Dietary Fiber	5 g 18%†	L-Arginine	300 mg *
Total Sugars	22 g *	L-Glycine	80 mg *
Includes 4 g Added Sugars	8%†	L-Methionine	30 mg *
Protein	50 g	<b>Micronized Amino Acids</b>	<b>500 mg</b> *
Calcium	570 mg 44%	Micronized Glutamine	250 mg *
Iron	4.9 mg 27%	Micronized L-Arginine	130 mg *
Sodium	720 mg 31%	Micronized L-Leucine	120 mg *
Potassium	1340 mg 29%		
<b>Tri-MG Infusion™</b>	<b>3 g</b> *		
Betaine Anhydrous	2.5 g *		
Calcium HMB	500 mg *		
(as Calcium β-hydroxyβ-methylbutyrate monohydrate [HMB])			

OTHER INGREDIENTS: Maltodextrin, Protein Blend (Whey Protein Concentrate, Calcium Caseinate, Soy Protein Isolate), Cocoa (Processed with Alkali), Natural and Artificial Flavors, Medium Chain Triglycerides (MCT), Lecithin, Salt, Acesulfame Potassium, Sucralose.

CONTAINS: Milk and Soybeans.

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.

Gluten Free.

NOTICE: Significant product settling may occur.

BETAPOWER™ is a registered trademark of DuPont or its affiliates.

### THE ULTIMATE LEAN MASS BUILDER

#### Clinically Proven

Helps Increase Lean Muscle Mass, Weight, Strength & Stamina with 40% Fewer Sets\*<sup>◇</sup>

#### Nutritional Foundation

The Right Amount of Carbs, Quality Proteins & Healthy Fats to Complement Your Training & Achieve Maximum Gains\*

#### Fast, Medium & Slow Digesting Proteins

Science-Based Nutrition for Advanced Muscle Performance\*\*

#### Enhanced Results

Studies Show Creatine Can Safely & Effectively Support Immediate Energy Production & Athletic Performance When Combined with Regular Exercise\*

### BEYOND THE BASICS

#### Tri-MG Infusion™

This Anabolic Blend Combines Clinically Studied Betaine with HMB Creating an Anti-Catabolic Effect for Your Muscles to Support Athletic Performance\*

#### Creatine Matrix Blend

Includes 3 Forms of Creatine + Ingredients Your Body Uses to Make Creatine to Help Improve Training Results & Support Muscle Protein Synthesis\*\*

#### Micronized Amino Acids

Faster Absorbing Key Aminos for Better Muscle Fuel to Support Muscle Protein Synthesis & Key Processes Crucial to Gaining Mass\*\*

If it's on our labels, then it's in our bottles. Full dosing, full transparency and no proprietary blends. Clinically studied ingredients backed by real science. Get massive. Get advanced muscle performance.

