

NUTRITION • PERFORMANCE • RECOVERY

1200 CALORIE MASS GAINER FORMULA



FINISH FIRST.®

TRUE-MASS® 1200

1220
CALORIES

CALORIES
PER
SERVING

25
GRAMS

NATURALLY OCCURRING
ESSENTIAL AMINO ACIDS
PER SERVING

12
GRAMS

NATURALLY OCCURRING
BCAA PER
SERVING

50
GRAMS

PROTEIN
PER
SERVING

AM TRAINING:

- 6:00 am** MEAL
Lean Protein, Complex Carbs,
Vegetable, Water
- 6:30 am** PRIMER SUPPLEMENT
6 NITRIX® 2.0 Tablets
- 7:00 am** PRE-TRAINING SUPPLEMENT
1-2 Scoops of N.O.-XPLODE™ 2.0
- 7:30 am** TRAINING
0-10 MINUTES POST-TRAINING
1 Scoop of CELLMASS® 2.0
20-30 MINUTES POST-TRAINING SHAKE
2 Scoops of TRUE-MASS® 1200
Simple Carbohydrates
- 10:30 am** MEAL
Lean Protein, Complex Carbs,
Vegetable, Water
- 1:00 pm** MEAL
Lean Protein, Complex Carbs,
Vegetable, Water
- 4:00 pm** MEAL
Lean Protein, Complex Carbs,
Vegetable, Water
- 7:00 pm** MEAL
Lean Protein, Complex Carbs,
Vegetable, Water
- 9:30 pm** SUPPLEMENT
1 Scoop of CELLMASS® 2.0

PM TRAINING:

- 7:00 am** MEAL
Lean Protein, Complex Carbs,
Vegetable, Water
- 10:00 am** MEAL
Lean Protein, Complex Carbs,
Vegetable, Water
- 1:00 pm** MEAL
Lean Protein, Complex Carbs,
Vegetable, Water
- 4:00 pm** MEAL
Lean Protein, Complex Carbs,
Vegetable, Water
- 5:00 pm** PRIMER SUPPLEMENT
6 NITRIX® 2.0 Tablets
- 5:30 pm** PRE-TRAINING SUPPLEMENT
1-2 Scoops of N.O.-XPLODE™ 2.0
- 6:00 pm** TRAINING
0-10 MINUTES POST-TRAINING
2 Scoops of CELLMASS® 2.0
20-30 MINUTES POST-TRAINING SHAKE
2 Scoops of TRUE-MASS® 1200
Simple Carbohydrates
- 9:00 pm** MEAL
Lean Protein, Complex Carbs,
Vegetable, Water

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NUTRITION FACTS

Serving Size 2 Scoops (310g)
Servings Per Container about 15

Amount Per Serving	Calories From Fat 140
Calories 1220	
	% Daily Value*
Total Fat 16g	25%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 160mg	53%
Sodium 430mg	18%
Total Carbohydrate 220g	73%
Dietary Fiber 13g	52%
Sugars 22g	
Protein 50g	100%

Vitamin A 0% Vitamin C 0%
Calcium 40% Iron 15%

*Percent Daily Values are based on a 2,000 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	3,500mg	3,500mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g
Protein	50g	65g

Ingredients: Complex Carbohydrate Blend (Maltodextrin, Whole Oat Flour), Protein Blend (Whey Protein Concentrate, Calcium Caseinate, Milk Protein Isolate, Whey Protein Isolate, Micellar Casein, Egg Albumin, Hydrolyzed Whey Protein, Glutamine Peptides), Creamer (Sunflower Oil, Corn Syrup Solids, Sodium Caseinate, Mono & Diglycerides, Dipotassium Phosphate, Tricalcium Phosphate, Soy Lecithin, Tocopherols), Natural and Artificial Flavors, Polydextrose, Lecithin, MCT Powder (Medium Chain Triglycerides, Non-Fat Dry Milk, Disodium Phosphate, and Silicon Dioxide), Gum Blend (Cellulose Gum, Xanthan Gum, Guar Gum, Gum Arabic), Acesulfame Potassium, Sucralose.

ALLERGEN INFORMATION:
Contains Milk, Egg, Wheat and Soy (Lecithin) Ingredients.

Developed By & Manufactured Exclusively For:
Bio-Engineered Supplements & Nutrition, Inc., Boca Raton, FL 33487 USA 877.673.3727

Allergen Warning:
Manufactured on equipment, which processes products containing milk, egg, soybeans, wheat, and tree nuts.

THE ULTIMATE MASS GAINER

TRUE-MASS® 1200 INGREDIENT HIGHLIGHTS:

- Multi-Functional Protein and Carbohydrate Matrix
- BCAAs and other Essential and Non-Essential Amino Acids
- Dual Carbohydrate Sources including Ground Whole Oats
- Excellent Source of Fiber. Contains 16g of Fat per serving

DIRECTIONS: Mix 2 scoops with 16 oz. of cold water or any beverage of your choice. Vary the amount of liquid to achieve your desired consistency. Drink 1 serving daily, or as needed to satisfy your protein or mass-gaining requirements. To increase your protein and calorie intake per serving and to achieve an amazing milkshake taste, use milk.

NOTE: Intended for use by healthy adults. Consume as part of a healthy diet and exercise program. Keep out of reach of children and pets. Store in a dry place away from direct sunlight.

Contents sold by weight not volume.

This product has been distributed by a Good Manufacturing Practices (GMP) facility.



MADE IN USA.
This product contains ingredients of international and domestic origin.



V.1.662.1112US

VANILLA ICE CREAM

Naturally & Artificially Flavored

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NET WEIGHT 10.25 lb (4.65 kg) • POWDERED PROTEIN & CARBOHYDRATE DRINK MIX

VANILLA ICE CREAM

Naturally & Artificially Flavored

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