

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		

^{^*}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 145 banned substances on the 2017 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◇*

Micronized Aminos to Help Fuel Muscles*



COOKIES & CREAM

NATURAL + ARTIFICIAL FLAVORS

750
CALORIES

50g
PROTEIN

11g
BCAA

3g
CREATINE
MATRIX

DIETARY SUPPLEMENT

NET WT 6.20 LB
(99.20 OZ) 2812.27 G

CODE 386588

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DIRECTIONS: As a dietary supplement, mix 4 level scoops (205 g) with 16 fl. oz. of cold water or milk. 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 (205 g)
Servings Per Container 13

Amount Per Serving	% Daily Value
Calories	750
Total Fat	7 g 9%†
Saturated Fat	4.5 g 23%†
Cholesterol	100 mg 33%
Total Carbohydrate	122 g 44%†
Total Sugars	22 g *
Includes 6 g Added Sugars	12%†
Protein	50 g
Calcium	560 mg 43%
Iron	1.9 mg 11%
Sodium	580 mg 25%
Potassium	750 mg 16%

Tri-MG Infusion™	3 g *
BETAPOWER® Betaine Anhydrous	2.5 g *
Calcium HMB (as Calcium β-hydroxyβ-methylbutyrate monohydrate [HMB])	500 mg *

Amount Per Serving	% Daily Value
Creatine Matrix Blend	3 g *
Dicreatine Malate	890 mg *
Creatine Ethyl Ester HCl	800 mg *
Guandinooacetate	500 mg *
Creatine Monohydrate	400 mg *
L-Arginine	300 mg *
L-Glycine	80 mg *
L-Methionine	30 mg *
Micronized Amino Acids	500 mg *
Micronized Glutamine	250 mg *
Micronized L-Arginine	130 mg *
Micronized L-Leucine	120 mg *

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

OTHER INGREDIENTS: Maltodextrin, Protein Blend (Whey Protein Concentrate, Calcium Caseinate, Soy Protein Isolate), Natural and Artificial Flavors, Cookie Crumbs (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), MCT (Medium Chain Triglycerides), Polydextrose, Lecithin, 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.

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◇*

Nutritional Foundation

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

Fast, Medium & Slow Absorbing 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.