



MACROS FOR MAXIMUM GAINS**

GNC AMP Mass XXX's macro blend was put to the test in a clinical study against a traditional mass gainer.

Mass XXX™ showed significant gains with 40% fewer sets**:

- + Increased lean muscle mass & body weight**
- + Improved strength**
- + Enhanced muscle stamina**

GET STRONGER, FASTER**

Mass XXX™ is enhanced with MyoTOR®, a clinically studied botanical blend proven to:

- + Accelerate results in as early as 2 weeks**
- + Increase bench press by 30 lb. & leg extension by 22 lb.**

AMPLIFY PERFORMANCE & ENERGY^*

Train harder with Mass XXX's combination of 3 g of creatine monohydrate and 2.5 g of BetaPower® betaine anhydrous.^*

- + Boost athletic performance^*
- + Fuel muscles for immediate energy^*



BetaPower® is a trademark of IFF or its affiliates.

MyoTOR® is a registered trademark of PLT Health Solutions and Laila Nutraceuticals, LLC. US Patent #9,907,825 and international patents pending.

KEEP OUT OF REACH OF CHILDREN.
Store in a cool, dry place.
For More Information:
1-877-462-4700
GNC.com

NOTICE: Use this product as a food supplement only. Do not use for weight reduction. Product is sold by weight, not volume. Significant product settling may occur.

* 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.

NEW • UPGRADED FORMULA & IMPROVED TASTE



CLINICALLY PROVEN GAINER*

MASS XXX™

50G PROTEIN 770 CALORIES 650MG MyoTOR®

- + Increase Lean Mass with 50% Fewer Sets**
- + Improve Muscle Strength & Size in As Early As 2 Weeks^*



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13 SERVINGS
DIETARY SUPPLEMENT
NET WT. 5.9 LB. (94.9 OZ.) 2691 G



COOKIES & CREAM
NATURAL & ARTIFICIAL FLAVORS

CODE 379987

JAG-3643

DIRECTIONS: As a dietary supplement, mix 4 scoops with 16 fl. oz. of cold water or your favorite beverage. On training days, consume post-workout. On non-training days, consume first thing in the morning or between meals.

Supplement Facts

Amount Per Serving	% Daily Value	
Serving Size	About Four Scoops (207 g)	
Servings Per Container	13	
Calories	770	
Total Fat	6 g	8%†
Saturated Fat	4 g	20%†
Cholesterol	100 mg	33%
Total Carbohydrate	127 g	46%†
Total Sugars	8 g	*
Includes 5 g Added Sugars	10%	
Protein	50 g	100%
Calcium	450 mg	35%
Sodium	490 mg	21%
Potassium	220 mg	5%
Creatine Monohydrate	3 g	*
Betaine Anhydrous (as BetaPower®)	2.5 g	*
MyoTOR® (<i>Sphaeranthus indicus</i> Flower Head Extract, <i>Mangifera indica</i> Bark Extract)	650 mg	*
Creatine Precursor Blend	500 mg	*
L-Arginine	240 mg	*
Glycine	240 mg	*
L-Methionine	20 mg	*

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

OTHER INGREDIENTS: Maltodextrin, Whey Protein Concentrate, Micellar Casein, Milk Protein Isolate, Cookie Crumbs (Milk Protein Isolate, Chicory Root Fiber, Palm Oil, Sugar, Alkalized Cocoa Powder, Ground Flaxseed, Sunflower Lecithin, Natural Flavors), Medium Chain Triglycerides, Natural & Artificial Flavor, Sucralose, Salt, Gum Blend (Guar Gum, Acacia Gum, Xanthan Gum), Sunflower Lecithin, Cocoa Powder (Processed with Alkali), Silicon Dioxide, Shellac, Citric Acid.

CONTAINS: Milk.

Distributed by: GNC Holdings, LLC, Pittsburgh, PA 15222 USA

⚠ WARNING: Cancer and Reproductive Harm - www.P65Warnings.ca.gov
Consult your physician prior to using this product if you are pregnant, nursing, taking medication, or have a medical condition. Discontinue use two weeks prior to surgery.
No Artificial Colors, Gluten Free.



PERFORMANCE YOU CAN TRUST. THIRD-PARTY TESTED & CERTIFIED.*



GNC is committed to regularly testing GNC AMP Mass XXX™ for banned substances in sport.



Informed Protein certification is a mark of assurance for athletes, dietitians, and coaches that the amount of protein on our labels is accurate.

* Informed Choice products are subject to a rigorous Anti-Doping program that includes protocols for testing & monitoring for over 285 compounds.

* 2 clinical studies have examined MyoTOR® for increasing muscle strength and endurance. In both 8-week studies, subjects participated in resistance training programs or voluntary exercise and consumed MyoTOR® or a placebo. The MyoTOR® groups showed significant increases in upper- and lower-body strength and muscle endurance compared to those who took a placebo.

* 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.

^ When used in conjunction with an exercise program.

FILL LINE