

FOR THE PUREST MASS GAINS!™

TRUE-MASS® PRODUCT HIGHLIGHTS:

- MULTI-FUNCTIONAL PROTEIN AND CARBOHYDRATE MATRIX
- NATURALLY OCCURRING BCAAS AND OTHER ESSENTIAL AND NON-ESSENTIAL AMINO ACIDS

DESIGNED FOR: Any individual who needs a calorie dense alternative or addition to regular foods to assist with gaining muscle mass.

DIRECTIONS: Mix 3 scoops with 16 fl oz. of cold water or any beverage of your choice. Drink 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.

SUGGESTED USE: For healthy adults, consume enough energy from a combination of high quality foods and supplements throughout the day as part of a balanced diet and exercise program. Store in a dry place away from direct sunlight.

TRUE-MASS® contains 20 grams of naturally occurring essential amino acids, of which 10 grams are branched chain amino acids.

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



V-9-655-018US
6045193



This product contains ingredients of international and domestic origin



20g
ESSENTIAL
AMINO ACIDS
NATURALLY
OCCURRING EAAS

MUSCLE
RECOVERY

10g
BRANCHED-CHAIN
AMINO ACIDS
NATURALLY
OCCURRING BCAAS

ULTRA-PREMIUM
MASS
GAINER



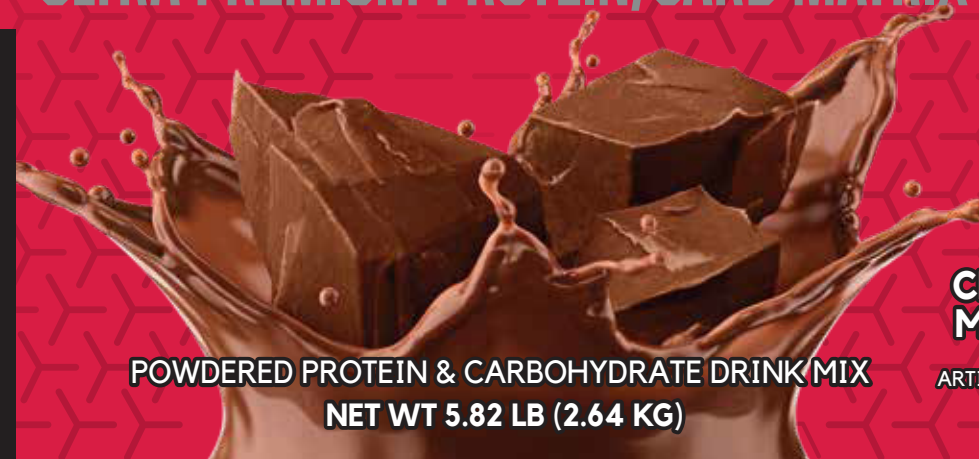
TRUE-MASS®

ULTRA PREMIUM PROTEIN/CARB MATRIX

700
CALORIES

46g
PROTEIN

16
SERVINGS



POWDERED PROTEIN & CARBOHYDRATE DRINK MIX
NET WT 5.82 LB (2.64 KG)

**CHOCOLATE
MILKSHAKE**
NATURALLY &
ARTIFICIALLY FLAVORED

Nutrition Facts

16 servings per container
Serving size 3 Rounded Scoops (165g)

Amount per serving
Calories **700**
% Daily Value*

Total Fat 18g	23%
Saturated Fat 5g	25%
Cholesterol 105mg	35%
Sodium 260mg	11%
Total Carbohydrate 87g	32%
Dietary Fiber 4g	14%
Total Sugars 14g	
Includes 5g Added Sugars	10%
Protein 46g	92%
Calcium 510mg	40%
Iron 4mg	20%
Potassium 1040mg	20%
Phosphorus 470mg	40%
Magnesium 120mg	30%
Not a significant source of trans fat and vitamin D.	

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: Protein Matrix (Whey Protein Concentrate, Calcium Caseinate, Milk Protein Isolate, Whey Protein Isolate, Micellar Casein, Hydrolyzed Whey Protein, Egg Whites, Glutamine Peptides), Maltodextrin, Sunflower Creamer (Sunflower Oil, Corn Syrup Solids, Sodium Caseinate, Mono- & Di-Glycerides, Dipotassium Phosphate, Tricalcium Phosphate, Soy Lecithin, Tocopherols), Cocoa Powder (Processed with Alkali), Natural and Artificial Flavor, Polydextrose, MCT Powder (Medium Chain Triglycerides, Non-Fat Dry Milk, Disodium Phosphate, Silicon Dioxide), Lecithin, Cellulose Gum, Xanthan Gum, Guar Gum, Gum Arabic, Acesulfame Potassium, Sucralose.

CONTAINS: Egg, Milk, Soy, and Wheat.

MANUFACTURED FOR:
Bio-Engineered Supplements & Nutrition Inc.,
3500 Lacey Road, Suite 1200
Downers Grove, IL 60515
877.673.3727
goBSN.com

Contents sold by weight, not volume.