

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.



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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

700
CALORIES

46g
PROTEIN



TRUE-MASS®

ULTRA PREMIUM PROTEIN/CARB MATRIX



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

16
SERVINGS

**COOKIES
& CREAM**
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 4.5g	23%
Cholesterol 110mg	37%
Sodium 350mg	15%
Total Carbohydrate 88g	32%
Total Sugars 19g	
Includes 7g Added Sugars	14%
Protein 46g	92%
Calcium 530mg	40%
Iron 1.1mg	6%
Potassium 740mg	15%
Phosphorus 400mg	30%
Magnesium 55mg	15%

Not a significant source of trans fat, dietary fiber 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- and Di-Glycerides, Dipotassium Phosphate, Tricalcium Phosphate, Soy Lecithin, Tocopherols), Natural and Artificial Flavor, Polydextrose, Cookie Bites (Wheat Flour, Sugar, Canola Oil, Cocoa [processed with alkali], Salt, Baking Soda), MCT Powder (Medium Chain Triglycerides, Non-fat Dry Milk, Disodium Phosphate, Silicon Dioxide), Cellulose Gum, Lecithin, Xanthan Gum, Guar Gum, Gum Arabic, Sucralose, Acesulfame Potassium.

CONTAINS: Egg, Milk, Soy, and Wheat.

MANUFACTURED FOR:

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Contents sold by weight, not volume.