

## SUPPLEMENT FACTS, INGREDIENTS & DIRECTIONS

640 Grams	Arctic Berry Blast	
Serving Size 1 Scoop(16g) ††		
Servings Per Container: 40		
Amount Per Serving	% Daily Value*	
Calories	30	
Total Carbohydrates	7g	2%
Sugars	0g	**
Calcium	250mg	25%
Phosphorus	430mg	43%
Sodium	250mg	10%
Potassium	140mg	4%
AVPT (Advanced Volumizing & Performance Technology)	4250mg	**
(Patents 5,965,596;6,172,098;6,426,361 And 6,680,294) Sodium Creatine Phosphate Matrix, Creatine Ethyl Ester-Beta-Alanine Dual Action Composite (CarnoSyn®), Creatinol-O-Phosphate-Malic Acid Interfusion, Creatine AAB™ (Creatine Alpha-Amino-N-Butyrate)		
Glutamine AKG	2000mg	**
Muscle Cell Uptake Proprietary Matrix	950mg	**
Di-Calcium Phosphate, Cinnulin PF® (Aqueous Cinnamon Extract)(Bark), Di-Potassium Phosphate, Di-Sodium Phosphate		

† Percent Daily Values are based on a 2,000 calorie diet

\*\* Daily Value not established

### Other Ingredients:

Modified Glucose Polymers (Maltodextrin), Natural And Artificial Flavors, Potassium Citrate, Citric Acid, Sucralose(Splenda®), Calcium Silicate, FD&C Red #40

### Directions:

**ON TRAINING DAYS:** Serving 1: As a dietary supplement, mix 1 scoop with 4-6 oz. of cold water or any beverage of your choice immediately following your workout (on an empty stomach). Serving 2: As a dietary supplement, mix 1 scoop with 4-6 oz. of cold water or any beverage of your choice, 6-8 hours before or after your post-workout serving (on an empty stomach).

**ON NON-TRAINING DAYS:** Serving 1: As a dietary supplement, mix 1 scoop with 4-6 oz. of cold water or any beverage of your choice upon waking.

Warnings: Before consuming CellMass seek advice from a health care practitioner if you are unaware of your current health condition or have any pre-existing medical condition including but not limited to: high or low blood pressure, cardiac arrhythmia, stroke; heart, liver, or thyroid disease; anxiety, depression, seizure disorder, psychiatric disease, diabetes, pernicious anemia, difficulty urinating due to prostate enlargement, or if you are taking an MAO inhibitor or any other medication. Do not use if you are pregnant, nursing, prone to dehydration, or or exposed to excessive heat. Reduce or discontinue use if sleeplessness, tremors, dizziness, nervousness, headaches, or heart palpitations occur. CellMass is only intended for use by healthy adults 18 years of age or older.