

Supplement Facts

Serving Size 5 Scoops (218 g)
Servings Per Container Approx. 10

	Mixed with 16 oz. Water		Mixed with 16 oz. Skim Milk	
Calories	830		1000	
Calories from Fat	50		60	
	Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Total Fat	5.5 g	8%*	6 g	9%*
Saturated Fat	3 g	15%*	3.5 g	18%*
Trans Fat	0 g	†	0 g	†
Cholesterol	140 mg	47%*	150 mg	50%*
Total Carbohydrate	150 g	50%*	175 g	58%*
Dietary Fiber	5 g	20%*	5 g	20%*
Sugars	5 g	†	30 g	†
Protein	45 g	90%*	62 g	123%*
Vitamin A (as vitamin A palmitate)	2500 IU	50%	3500 IU	70%
Vitamin C (as sodium ascorbate)	30 mg	50%	30 mg	50%
Vitamin D (as cholecalciferol)	200 IU	50%	400 IU	100%
Vitamin E (as vitamin E acetate)	15 IU	50%	15 IU	50%
Thiamin (as thiamin mononitrate)	0.75 mg	50%	0.75 mg	50%
Riboflavin	0.85 mg	50%	0.85 mg	50%
Niacin (as niacinamide)	10 mg	50%	10 mg	50%
Vitamin B ₆ (as pyridoxine hydrochloride)	1 mg	50%	1 mg	50%
Folic acid	200 mcg	50%	200 mcg	50%
Vitamin B ₁₂ (as cyanocobalamin)	3 mcg	50%	3 mcg	50%
Biotin	150 mcg	50%	150 mcg	50%
Pantothenic acid (as d-calcium pantothenate)	5 mg	50%	5 mg	50%
Calcium (as whey mineral complex & dicalcium phosphate)	680 mg	68%	1280 mg	128%
Phosphorus (as whey mineral complex dicalcium & dipotassium phosphate)	460 mg	46%	950 mg	95%
Magnesium (as whey mineral complex & magnesium oxide)	230 mg	55%	290 mg	70%
Sodium (as whey mineral complex)	550 mg	21%	750 mg	31%
Potassium (as whey mineral complex & dipotassium phosphate)	600 mg	17%	1350 mg	39%
Mass-Pro™ 6.2 g				†
Creatine monohydrate				†
Inulin				†
Sunflower oil (supplying EFAs)				†
Flaxseed oil powder (<i>Linum usitatissimum</i>)				†
Borage oil powder (<i>Borago officinalis</i>)				†
L-glutamine				†
Glutamine peptides				†
L-leucine				†
L-isoleucine				†
L-valine				†
Taurine				†
N-acetyl-cysteine				†
Alpha lipoic acid				†
Fenugreek (<i>Trigonella foenum-graecum</i>) extract (seed)				†
Standardized for 20% 4-Hydroxyisoleucine				†
D-phenylalanine				†

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

OTHER

INGREDIENTS: MALTODEXTRIN, PROTEIN BLEND (WHEY PROTEIN CONCENTRATE, HYPER-PURE WHEY PROTEIN ISOLATE [ION-EXCHANGED 97% PURITY], CALCIUM CASEINATE), COCOA POWDER, BROWN RICE POWDER, WHEAT FLOUR, OAT FIBER, CARBOXYMETHYLCELLULOSE GUM, NATURAL AND ARTIFICIAL FLAVORS, SALT, ASPARTAME, SOY LECITHIN, ACESULFAME-POTASSIUM. CONTAINS MILK INGREDIENTS.

Directions: Add the contents of 5 scoops (1 serving) to 16 to 18 oz. of cold water or skim milk. Mix in a blender or shaker cup for 30 seconds and consume.

For rapid weight gain: Take 1 serving of Mass-Tech daily between meals or on workout days, immediately following your workout.

For maximum gains in muscle: Take 2 servings of Mass-Tech daily. On workout days, take 1 serving between meals and another serving of Mass-Tech immediately following your workout. On non-workout days, take 1 serving first thing in the morning and another serving between meals.

Note: To maintain product freshness, store in a cool, dry place. This product is sold by weight. Some settling may occur.