

# 1000+ MASS BUILDING CALORIES\*

\*PER 6 SCOOPS

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**CHOCOLATE**  
Natural & Artificial Flavors

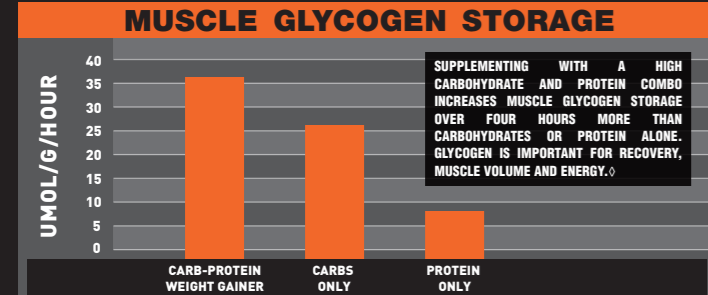
# 1000+ MASS BUILDING CALORIES\*

\*PER 6 SCOOPS

**TOO OFTEN, HARD-GAINERS WHO STRIVE TO PACK ON MUSCLE MASS** NEGLECT ONE OF THE MOST IMPORTANT DETERMINING FACTORS – YOU’VE GOT TO EAT BIG TO GET BIG. BODY FORTRESS KNOWS THAT YOUR BODY NEEDS A SURPLUS OF CALORIES AND KEY NUTRIENTS IN ORDER TO STIMULATE GROWTH. THAT’S WHY OUR SUPER ADVANCED MASS GAINER HAS BEEN FORMULATED TO DELIVER OVER 1,000 MASS BUILDING CALORIES\*, BECAUSE MUSCLE ISN’T BUILT WITH MARKETING GIMMICKS. ◊ IT TAKES HEAVY LIFTING IN AND OUT OF THE GYM.

- KEY NUTRIENTS TO BUILD SIZE, STRENGTH, & LEAN MASS ◊
- CARBS TO REPLENISH MUSCLES & BOOST POST-WORKOUT RECOVERY ◊
- HIGH CONCENTRATION OF NATURALLY OCCURRING BCAAs
- CONTAINS ZERO ASPARTAME – ZERO GLUTEN – ZERO GIMMICKS

**IT’S TIME TO TRASH THOSE OLD-FASHIONED LOW CARB TRENDS** AND REALIZE THAT CARBOHYDRATES ARE YOUR FRIEND. IN ADDITION TO YOUR BODY USING CARBS AS A SOURCE OF WORKOUT FUEL, THEY ALSO PROVIDE VITAL POST-WORKOUT NUTRITION. ◊ SUPER ADVANCED MASS GAINER COMBINES CARBOHYDRATES, PREMIUM PROTEIN, AND A FULL 2.5G DOSE OF BETAPOWER® BETAINE TO IMPROVE RECOVERY, SUPPORT LEAN MASS, AND CREATE A MORE EFFECTIVE MUSCLE BUILDING FORMULA. ◊



Zawadzki, K. et al. Carbohydrate-protein complex increases the rate of muscle glycogen storage after exercise. *Jml of Applied Phys.* 1992. 72(5) pg 1854-1859.

PRE/POST



**HAVE YOU MADE SUPER ADVANCED CREATINE PART OF YOUR TRAINING?**

**ADD SUPER ADVANCED CREATINE** to your training routine and amplify your results with maximum performance and strength. ◊ Our advanced formula is designed to help you increase reps, recover faster, and build more muscle so you can push the bar higher every workout. ◊

## BODY FORTRESS

SUPER ADVANCED

# MASS GAINER

MORE EFFECTIVE THAN PROTEIN ALONE ◊  
ULTIMATE MUSCLE MASS BUILDER ◊

**40g** PROTEIN\* | **1000+** CALORIES\*

**CHOCOLATE**  
Natural & Artificial Flavors

\*PER 6 SCOOPS

PROTEIN SUPPLEMENT/ NET WT. 2.25 lb. (36 oz.) (1,020 g)

NOTICE: Use this product as a food supplement only. Do not use for weight reduction.

### Supplement Facts

Amount Per Serving	%Daily Value	
	3 Scoops (133.5 g) about 8	6 Scoops (267 g) about 4
Calories	520	1,050
Calories from Fat	45	90
Total Fat	5 g	10 g
Saturated Fat	1.5 g	3.5 g
Cholesterol	55 mg	110 mg
Total Carbohydrate	99 g	198 g
Dietary Fiber	1.5 g	3 g
Sugars	9 g	18 g
Protein	20 g	40 g
Calcium	115 mg	231 mg
Phosphorus	110 mg	220 mg
Magnesium	35 mg	70 mg
Sodium	140 mg	280 mg
Potassium	300 mg	600 mg
BetaPower® Betaine Anhydrous	1.25 g	2.5 g

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

**OTHER INGREDIENTS:** Maltodextrin, Protein Matrix (Whey Protein Concentrate, Whey Protein Isolate, Milk Protein Concentrate, Calcium Caseinate), Cocoa (processed with alkali), Fructose, Non-Dairy Creamer (Sunflower Oil, Maltodextrin, Sodium Caseinate, Mono- & Di-glycerides, Natural Tocopherols, Tricalcium Phosphate), Soy Lecithin, Sunflower Oil, Natural and Artificial Flavor, Xanthan Gum, Acesulfame Potassium, Sucralose.

Contains milk and soy ingredients.

BetaPower® is a registered trademark of Danisco A/S.

### TYPICAL AMINO ACID PROFILE (MILLIGRAMS PER 267 G SERVING\*\*\*\*\*)

ESSENTIAL AMINO ACIDS		NONESSENTIAL AMINO ACIDS	
Histidine	608 mg	Alanine	2,043 mg
Isoleucine	2,471 mg	Arginine	940 mg
Leucine	3,935 mg	Aspartic Acid	4,242 mg
Lysine	3,363 mg	Cysteine	1,000 mg
Methionine	814 mg	Glutamic Acid	6,522 mg
Phenylalanine	1,188 mg	Glycine	812 mg
Threonine	2,731 mg	Proline	2,587 mg
Tryptophan****	450 mg	Serine	1,858 mg
Valine	2,114 mg	Tyrosine	1,125 mg

\*\*\*\*L-Tryptophan is naturally occurring, not added.  
\*\*\*\*approximate values

## BODY FORTRESS

YOUR BODY - YOUR FORTRESS.®

For more information on other Body Fortress® products or for complete training and nutrition programs, visit [www.bodyfortress.com](http://www.bodyfortress.com).

**Directions:** For adults, mix 1 serving (3 scoops) with 12 fl. oz. of water or for maximum mass building, mix 2 servings (6 scoops) with 20 - 24 fl. oz. of water. Amount of liquid can be increased or decreased in order to reach desired level of consistency.



**STIR:** Stir for 20-30 seconds or until completely blended.  
**SHAKE:** Cover and shake for 25-30 seconds.  
**BLEND:** Cover and blend for 20-30 seconds.

Use in conjunction with an intense daily exercise program and a balanced diet including an adequate caloric intake.

**WARNING:** If you are pregnant, nursing, taking any medications or have any medical condition, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur.

FREE OF: YEAST, WHEAT, PRESERVATIVES.

**KEEP OUT OF THE REACH OF CHILDREN. STORE AT ROOM TEMPERATURE, TIGHTLY CLOSED AND AVOID EXCESSIVE HEAT. FOR YOUR PROTECTION, DO NOT USE IF SEAL UNDER CAP IS BROKEN OR MISSING.**

◊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.

Contents are sold by weight. Some settling may occur.



Manufactured according to cGMP standards, as is required for all dietary supplements.



GLUTEN FREE



from select ingredients from around the world.



Carefully Manufactured for United States Nutrition, Inc. Bohemia, NY 11716 U.S.A. 1-800-215-5980

