

MASSIVE WHEY GAINER-CHOCOLATE

Serving size: 4 scoops (165g)

26 servings

Amount per serving

Calories 628 Calories from fat 36

% Daily Value*

Total Fat 4g 6%

Saturated Fat 2.5g 13%

Cholesterol 55mg 18%

Sodium 105mg 4%

Potassium 360mg 10%

Total Carbohydrates 93g 31%

Dietary Fiber 0g 0%

Sugars 42g

Protein 55g 110%

Vitamin A: 5000IU 100%

(as Palmitate, USP)

Vitamin C: 60mg 100%

(as Ascorbic acid, USP/FCC)

Calcium: 230mg 23%

Vitamin D3 (USP/FCC): 400IU 100%

Vitamin E: 30IU 100%

(as Acetate, USP)

Vitamin B1: 1.5mg 100%

(Thiamin mononitrate, USP/FCC)

Vitamin B2: 1.7mg 100%

(Riboflavin, USP/FCC)

Niacinamide (USP/FCC): 20mg 100%

Vitamin B6: 2mg 100%

(as Pyridoxine HCl, USP/FCC)

Folic Acid (USP/FCC): 400mcg 100%

Vitamin B12 (USP): 6mcg 100%

Biotin (USP/FCC): 300mcg 100%

Pantothenic acid: 10mg 100%

(as Calcium Pantothenate, USP)

Phosphorus: 200mg 20%

ESSENTIAL AMINO ACIDS:

L-Leucine...7020mg

L-Isoleucine...3390mg

L-Valine...2626mg

L-Lysine...5826mg
L-Threonine...2294mg
L-Methionine...1127mg
L-Phenylalanine...2116
L-Tryptophan...1401mg
NON-ESSENTIAL AMINO ACIDS:
L-Arginine...1003mg
L-Aspartic Acid...5641mg
L-Cystine/Cystein...2024
L-Alanine...2778mg
L-Glutamic Acid...9276mg
L-Glycine...1038mg
L-Histidine...1127mg
L-Proline...2273mg
L-Serine...2149mg
L-Tyrosine...1889mg

Directions: Add four scoops of Massive Whey Gainer (approx. 165 g) to 18 ounces (533 mL) of water or milk. Mix thoroughly, chill and serve. To encourage maximum muscle weight gain and enhance your exercise program, take 30 to 45 minutes before workouts and again one hour after completion of your workout. On non-training days, take one serving between meals in the AM and a serving between meals in the PM. Each Scoop weighs approx. 41 grams with a concentrated caloric value of 157 calories per scoop. You may need to adjust the dose depending upon the duration, frequency and intensity of your workout program. Fruit, honey, yogurt or other foods can be added to make a thicker, full bodied nutrition drink if desired.

Ingredients: Premium ultra and microfiltrated whey protein (high protein concentrate and isolate), glucose polymers (maltodextrin), crystalline fructose, cocoa, natural and artificial vanilla flavor, ascorbic acid, vitamin A palmitate, iacinamide, calcium pantothenate, vitamin D3, riboflavin, vitamin E acetate, thiamin mononitrate, pyridoxine hcl, vitamin B12, folic acid, and biotin.