

## MASSIVE WHEY GAINER-CHOCOLATE

Serving size: 4 scoops (165g)

About 12 servings

Amount per serving

Calories 630	Calories from fat 35	% Daily Value*
Total Fat 4g		6%
Saturated Fat 2.5g		13%
Cholesterol 55mg		18%
Total Carbohydrates 93g		31%
Sugars 42g		
Protein 55g		110%
Vitamin A (as Palmitate, USP): 5000IU		100%
Vitamin C (as Ascorbic acid, USP): 60mg		100%
Vitamin D3 (USP): 400IU		100%
Vitamin E (as Acetate, USP): 30IU		100%
Vitamin B1 (Thiamin mononitrate, USP): 1.5mg		100%
Riboflavin (USP): 1.7mg		100%
Niacin (as niacinamide USP): 20mg		100%
Vitamin B6 (as Pyridoxine HCl, USP): 2mg		100%
Folic Acid (USP): 400mcg		100%
Vitamin B12 (USP): 6mcg		100%
Biotin (USP): 300mcg		100%
Pantothenic acid (as Calcium Pantothenate, USP): 10mg		100%
Calcium: 230mg		23%
Phosphorus: 200mg		20%
Sodium 105mg		4%
Potassium 360mg		10%

### 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, niacinamide, calcium pantothenate, vitamin D3, riboflavin, vitamin E acetate, thiamin mononitrate, pyridoxine hcl, vitamin B12, folic acid, and biotin.