

48g PREMIUM PROTEIN*

Eco-Friendly Package to Help Save Our Planet

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BODY FORTRESS® SUPER MASS GAINER

If you're one of those people who have a tough time packing on solid, powerful mass, try Body Fortress® Super Mass Gainer, specially designed for hard gainers who want to gain weight and pack on mass.** Body Fortress® Super Mass Gainer helps you keep growing when other weight gainers quit!*** Our specially selected nutrients are designed to meet your body's needs for both immediate and sustained energy and protein synthesis.**

Body Fortress® Super Mass Gainer is now loaded with Whey protein as part of our Complete Mass Protein Blend.

BENEFITS OF WHEY PROTEIN:

Whey is widely considered the king of all proteins due to its superior content of Branched Chain Amino Acids, its fast-digestion rate and its overall protein quality.

Whey also has high rankings in all of the major categories used to evaluate protein - which includes Biological Value, Nitrogen Protein Utilization and Amino Acid Score.

Unlike some other incomplete protein sources, Whey provides all of the essential amino acids that are needed in order to build muscle.**

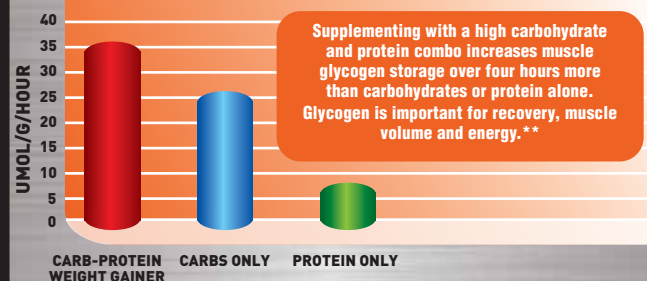
By combining whey with milk, casein and egg protein, Body Fortress® Super Mass Gainer provides an unbeatable combination for helping you achieve your mass gaining goals.**

Body Fortress® Super Mass Gainer contains less than 10% of calories from fat! We know that your training goals are to pack inches onto your biceps rather than your waist, so we didn't compromise quality with loads of unhealthy fats that could slow down your progress.

In order to make serious gains, you need to train hard, get lots of rest, and take in plenty of key nutrients. Body Fortress® Super Mass Gainer makes it easy to get the high quality protein, energy-packed carbs and essential nutrients that are important for a serious, intensive training program.

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

MUSCLE GLYCOGEN STORAGE



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

BODY FORTRESS®

SUPER MASS GAINER

ULTIMATE MUSCLE MASS FUEL**

- ◆ Superior Mass Building Whey Protein**
- ◆ Extended Amino Delivery Formula
- ◆ Muscle Glycogen Building Carbs**
- ◆ Over 10g of BCAAs*



Chocolate

Natural and Artificial Flavors

Net Wt. 2.25 lb. (36 oz.) (1,020 g)

Contents are sold by weight. Some settling may occur.

DIETARY SUPPLEMENT

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

*per four scoop serving

Nutrition Facts

Serving Size	2 Scoops (85 g)	4 Scoops (170 g)
Servings Per Container	12	6
Amount Per Serving		
Calories	310	620
Calories from Fat	25	55
	%Daily Value***	%Daily Value***
Total Fat	3 g 5%	6 g 10%
Saturated Fat	1 g 6%	2 g 12%
Trans Fat	0 g	0 g
Cholesterol	45 mg 16%	95 mg 31%
Sodium	160 mg 6%	310 mg 13%
Potassium	910 mg 26%	1,830 mg 52%
Total Carbohydrate	49 g 16%	98 g 33%
Dietary Fiber	3 g 11%	6 g 23%
Sugars	41 g	83 g
Protein	24 g 48%	48 g 95%
Vitamin A	50%	100%
Vitamin C	50%	100%
Calcium	90%	170%
Iron	60%	120%
Vitamin D	50%	100%
Vitamin E	50%	100%
Thiamin	50%	100%
Riboflavin	50%	100%
Niacin	50%	100%
Vitamin B-6	50%	100%
Folic Acid	50%	100%
Vitamin B-12	50%	100%
Biotin	50%	100%
Pantothenic Acid	50%	100%
Phosphorus	70%	140%
Iodine	50%	100%
Magnesium	70%	130%
Zinc	50%	110%
Copper	60%	130%
Chromium	50%	100%
Chloride	4%	6%

***Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Calories:	2,000	2,500
Total Fat	Less Than 65g	80g
Sat Fat	Less Than 20g	25g
Cholesterol	Less Than 300mg	300mg
Sodium	Less Than 2,400mg	2,400mg
Potassium	3,500mg	3,500mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g
Protein	50g	65g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Ingredients: Complete Mass Protein Blend (Nonfat Dry Milk, Whey Protein Concentrate, Calcium Caseinate, Egg White), Fructose, Cocoa (alkalized), Maltodextrin, Vitamin/Mineral Premix (Dicalcium Phosphate, Magnesium Dioxide, Potassium Chloride, Ascorbic Acid, Ferric Orthophosphate, dl-Alpha Tocopheryl Acetate, Nicotinamide, Zinc Oxide, Copper Gluconate, d-Calcium Pantothenate, Retinyl Palmitate, Pyridoxine HCl, Thiamin Hydrochloride, Riboflavin, Chromium Picolinate, Folic Acid, Biotin, Potassium Iodide, Ergocalciferol, Cyanocobalamin), Natural and Artificial Flavor, Soy Lecithin, Guar Gum, Hydroxypropylmethylcellulose, Oat Fiber, Artificial Malted Milk Flavor, Gelatin.

Directions: For adults, mix four (4) scoops of Body Fortress® Super Mass Gainer with 20 fl. oz. of 2% milk. Stir, shake or blend. Skim milk or water may be substituted for whole milk for less total calories and fat. For quicker weight gain, boost your caloric intake by blending your shake with ingredients such as ice cream, nuts, honey, fresh berries, bananas and other high caloric foods. As a reminder, discuss the supplements and medications you take with your health care providers.

MUSCLE BUILDER TRAINING PROGRAM: Mix four (4) scoops and drink immediately after your workout. For weight gain programs of 1-3 pounds per week, drink a four (4) scoop shake per day for each pound per week you want to gain. Make sure to consume an additional high carbohydrate and protein meal within a few hours after your workout. For a complete muscle building training and nutrition program check out www.bodyfortress.com.

FREE OF: wheat, artificial color.

Typical Amino Acid Profile
(milligrams per 170 g serving****)

Essential Amino Acids	Nonessential Amino Acids
L-Histidine 1,115 mg	L-Alanine 1,946 mg
L-Isoleucine 2,724 mg	L-Arginine 1,649 mg
L-Leucine 4,735 mg	L-Aspartic Acid 4,674 mg
L-Lysine 3,898 mg	L-Cysteine 789 mg
L-Methionine 1,091 mg	L-Glutamic Acid 7,910 mg
L-Phenylalanine 1,899 mg	L-Glycine 1,011 mg
L-Threonine 2,986 mg	L-Proline 3,339 mg
L-Tryptophan**** 722 mg	L-Serine 2,682 mg
L-Valine 2,840 mg	L-Tyrosine 1,771 mg

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

KEEP OUT OF THE REACH OF CHILDREN. KEEP IN A DRY PLACE, TIGHTLY CLOSED AND AVOID EXCESSIVE HEAT. FOR YOUR PROTECTION, DO NOT USE IF SEAL UNDER CAP IS BROKEN OR MISSING.

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.



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