

# 4LB. VALUE SIZE

**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.**

## SUPER ADVANCED MASS GAINER \*per 6 scoop serving

PROTEIN AND AMINO ACID PROFILE

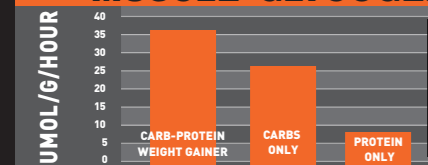
**40g** PROTEIN\*  
**8g** BCAA FROM PROTEIN\*  
**2.5g** BETAPOWER® BETAINE ANHYDROUS\*

CALORIES & CARBOHYDRATES help support muscle glycogen storage.◊

**1000+** CALORIES\*  
**197g** CARBOHYDRATES\*

**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. ◊**

## MUSCLE GLYCOGEN STORAGE



SUPPLEMENTING WITH A HIGH CARBOHYDRATE AND PROTEIN COMBO INCREASES MUSCLE GLYCOGEN STORAGE OVER FOUR HOURS MORE THAN CARBOHYDRATES OR PROTEIN ALONE. GLYCOGEN IS IMPORTANT FOR RECOVERY, MUSCLE VOLUME AND ENERGY.◊

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.

\*PER 6 SCOOPS

**BODY FORTRESS®**  
YOUR BODY - YOUR FORTRESS.®

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

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AMERICA'S #1 MUSCLE AND STRENGTH DEVELOPMENT POWDER BRAND!

**BODY FORTRESS®**

SUPER ADVANCED

# MASS GAINER

MORE EFFECTIVE THAN PROTEIN ALONE ◊  
ULTIMATE MUSCLE MASS BUILDER ◊

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

**CHOCOLATE**  
Naturally & Artificially Flavored

CONTENTS CERTIFIED  
**NSF**

- BUILD LEAN MUSCLE & STRENGTH ◊
- BOOST POST-WORKOUT RECOVERY ◊
- ZERO ASPARTAME - GLUTEN FREE

\*PER 6 SCOOPS

PROTEIN SUPPLEMENT/ NET WT. 4 lb. (64 oz.) (1,814 g)

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## Supplement Facts

Amount Per Serving	%Daily Value	%Daily Value
Serving Size	3 Scoops (133.5 g)	6 Scoops (267 g)
Servings Per Container	about 14	about 7
Calories	520	1,040
Total Fat	4.5 g 6%**	9 g 12%**
Saturated Fat	1.5 g 8%**	3 g 15%**
Cholesterol	70 mg 23%	140 mg 47%
Total Carbohydrate	99 g 36%**	197 g 72%**
Dietary Fiber	1 g 4%**	3 g 11%**
Total Sugars	9 g ***	19 g ***
Includes Added Sugars	8 g 16%**	15 g 30%**
Protein	20 g 40%**	40 g 80%**
Calcium	130 mg 10%	270 mg 21%
Iron	1.9 mg 11%	3.9 mg 22%
Sodium	170 mg 7%	340 mg 15%
Potassium	360 mg 8%	730 mg 16%
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, Sunflower Oil, Soy Lecithin, High Oleic Sunflower Oil With Tocopherols Added To Protect Flavor, Natural And Artificial Flavor, Sunflower Lecithin, Xanthan Gum, Sodium Caseinate, Acesulfame K, Mono- And Diglycerides, Sucralose, Calcium Phosphate.

Contains milk and soy ingredients.

Made in a facility that also processes peanuts, tree nuts, egg, wheat, sesame, fish and shellfish.

Contains bioengineered food ingredients.

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

ESSENTIAL AMINO ACIDS	NONESSENTIAL AMINO ACIDS
Histidine 786 mg	Alanine 1,940 mg
Isoleucine 2,398 mg	Arginine 1,242 mg
Leucine 4,163 mg	Aspartic Acid 4,270 mg
Lysine 3,466 mg	Cysteine 806 mg
Methionine 836 mg	Glutamic Acid 6,952 mg
Phenylalanine 1,417 mg	Glycine 835 mg
Threonine 2,764 mg	Proline 2,362 mg
Tryptophan**** 712 mg	Serine 2,043 mg
Valine 2,463 mg	Tyrosine 1,254 mg

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

**Directions:** For adults, mix 1 serving (3 scoops) with 12 fl. oz. of water or for maximum mass building immediately after exercise, 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. An additional high carbohydrate/protein meal should be consumed a few hours after exercise.



Stir for 20-30 seconds or until completely blended. Cover and shake for 25-30 seconds. Cover and blend for 20-30 seconds.

FREE OF: yeast, wheat, artificial color.

BetaPower® is a registered trademark of Dupont Nutrition Biosciences

**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.

**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.**

Contents are sold by weight. Some settling may occur.

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

†Source: IRI, MULO, 52 WE 5/24/20, excluding online sales.

◊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.



Carefully Manufactured for  
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