

INGREDIENTS

100% undenatured, highest concentrate Registered Cold Process cross flow micro & ultra-filtered whey protein, whey isolate, whey amino peptide matrix, organic ALPHA EFX™ colostrum, lecithin. Flavors, trace of sucralose in flavored styles.

DIRECTIONS

Add 1-2 scoops to taste to 4-10 ounces of milk, water or juice. Just a few turns of the spoon or shakes in a shaker bottle and **MASS PRO** is good to go. Blend with fruit and ice cubes for a delicious, healthy shake!

WHEN: Always after exercise and 2-3 times daily between meals or anytime you want to add the best muscle, fitness and health boosting protein to your diet. **Tip:** Spoon into oatmeal, yogurt, etc. Add to your favorite pancake, muffin or cookie recipe for a big protein boost!

Get the Real Results you want™



Athens, GA 30608 USA

1.800.ASK.MASS / www.musclemass.com

MASS PRO

NEW Advanced Formula
400% MORE EFFECTIVE
 For Athletic Performance Verses
 Whey Protein Alone! ^{1,2}

- Delicious - Instant Mixing
- Ultra Low Fat - Lactose Free
- No Aspartame - Ultra Low Carb
- ALPHA EFX™ Colostrum Enhanced
- Maximum BCAA, Taurine & Glutamine Peptides

Lean Muscle Building • Health & Fitness Boosting
Ultimate WHEY PROTEIN

2.12 lbs (960g)

NUTRITION FACTS
 Serving Size: 30g (1 heaping scoop)
 Servings Per Container: 32

Amount Per Serving (in water)	%Daily Value
Calories 110	
Total Fat 1.5g	2%
Saturated Fat 1g	6%
Cholesterol 0mg	0%
Sodium 180mg	7%
Potassium 158mg	5%
Total Carbohydrate 2g*	1%
Dietary Fiber 1g*	4%
Sugars 2g**	
Protein 24g	48%
Calcium 100mg	10%

Vitamin C 20%. Not a significant source of Vitamin A, Iron.

Percent of daily values (below) based on a 2000 calorie diet. Your daily values may be higher or lower depending on calorie needs.

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	26g
Cholesterol	Less than 300mg	360mg
Sodium	Less than 2400mg	2400mg
Potassium	Less than 3500mg	3500mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g
Protein	50g	65g

*Only 1g Impact Carbs! (deduct fiber from total)
 Contains no added sugar, fructose or sucrose. **Aspartame free.

References:
 1. Coombes, JS et al. Dose effects of oral bovine colostrum supplementation on physical work capacity in cyclists.
 2. Medicine & Science in Sports & Exercise (34, 7:1184-88, 2002)

Consult your physician before starting a new exercise and nutrition program. Statements have not been evaluated by the FDA. This product is not intended to diagnose, treat cure or prevent any disease.

MASS PRO
 Precision Engineered Protein™

- The most undenatured, biologically active protein you can buy - at any price
- Highest concentration of all ten Essential Amino Acids for constant state nitrogen and immune system support
- Highest Branched Chain Amino Acid levels to prevent catabolism and speed muscle tissue growth & repair
- Highest concentrations of Glutamine & Taurine Peptides for peak protein synthesis, cell volume and immune function
- ALPHA EFX Colostrum and Lecithin enhanced for maximum muscle, fat loss and health boosting effects

Make no mistake,
there's only ONE genuine MASS PRO Whey Protein