

ISOMASS XTREME GAINER – SOFT VANILLA ICE CREAM

Serving Size 3 Scoops (153g)

Servings per Container 30

| Amount Per Serving | <u>with Water</u> | | <u>with 16 ounces 2% Lowfat Milk</u> | |
|--------------------|-------------------|-------------|--------------------------------------|-------------|
| Calories | 650 | | 940 | |
| Calories from fat | 60 | | 150 | |
| | | <u>%DV*</u> | | <u>%DV*</u> |
| Total Fat | 7g | 11% | 16g | 25% |
| Saturated Fat | 4g | 20% | 10g | 50% |
| Cholesterol | 30mg | 10% | 30mg | 10% |
| Sodium | 200mg | 8% | 500mg | 21% |
| Total Carbohydrate | 80g | 27% | 110g | 37% |
| Dietary Fiber | 6g | 24% | 6g | 24% |
| Sugars | 5g | | 5g | |
| Protein | 65g | 130% | 72g | 144% |
| Vitamin A | | 33% | | 52% |
| Vitamin C | | 33% | | 45% |
| Vitamin D | | 33% | | 85% |
| Vitamin E | | 33% | | 33% |
| Thiamine | | 33% | | 48% |
| Riboflavin | | 33% | | 95% |
| Niacin | | 33% | | 33% |
| Vitamin B6 | | 33% | | 45% |
| Folic Acid | | 33% | | 33% |
| Vitamin B12 | | 33% | | 62% |
| Biotin | | 33% | | 33% |
| Pantothenic Acid | | 33% | | 45% |
| Calcium | | 33% | | 100% |
| Iron | | 33% | | 33% |
| Phosphorus | | 33% | | 85% |
| Iodine | | 33% | | 33% |
| Magnesium | | 33% | | 52% |
| Zinc | | 33% | | 46% |
| Copper | | 33% | | 33% |
| Chromium | | 83% | | 83% |

ISO MASS 72g †

Whey Protein Isolate, Milk Protein Isolate, Egg Protein Isolate, Micellar Alpha and Beta Caseins and Caseinates, Lactoferrin

CARBO MASS 60g †

5 DE Maltodextrin, Dextrose, Oat Fiber

CREA MASS 7g †

Creatine Monohydrate, Tricreatine Malate, Kre-Alkalyn®, Creatine Orotate, Creatine Alpha Ketoglutarate, Creatine Ethyl Ester, Creatine Pyruvate

OMEGA MASS 6.5g †

Enzyme Modified Sunflower Oil Powder, Medium Chain Triglyceride Powder, Borage Oil Powder (Seed), Flax Seed Oil Powder, Conjugated Linoleic Acid Powder (CLA), Canola Oil and Omega 3

VITA MASS 3.22g †

Vitamin A Acetate, Cholecalciferol, D-alpha Tocopherol Acetate, Ascorbic Acid, Folate, Thiamine Mononitrate, Riboflavin, Niacinamide, Pyridoxine Hydrochloride, Cyanocobalamin, Biotin, D-Calcium Pantothenate, Dicalcium Phosphate, Potassium Iodide, Potassium Chloride, Ferrous Fumarate, Magnesium Oxide, Copper Gluconate, Zinc Oxide, Chromium Nicotinate

GLUTA MASS 2.2g †

Glutapure® Glutamine, Glutamine Alpha Ketoglutarate, Glutamine Ethyl Ester, N-Acetyl L-Glutamine

N.O. MASS 500mg †

Arginine Alpha Ketoglutarate, Arginine Ethyl Ester Di-HCL, Citrulline Ethyl Ester Malate, L-Norvaline

BCAA MASS 550mg †

L-Valine, L-Valine Ethyl Ester, L-Leucine, L-Leucine Ethyl Ester, L-Isoleucine, L-Isoleucine Ethyl Ester

CP MASS 500mg †

Betaine, Glycocyamine

ENZYME MASS 250mg †

Protease, Lactase

***Percent Daily Values are based on a 2000 calorie diet.**

† Daily Values not established.

Other Ingredients: Natural & Artificial Flavors, Soy Lecithin, Sucralose, Acesulfame Potassium, and Neotame.

Contains Milk, Soy, Egg and Fish (herring, anchovy, mackerel, sardine, salmon).

Warning: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

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Suggested directions for use:

Mix 3 scoops ISO-MASS with 16 ounces liquid (water or milk). Take 3 servings daily. Use the schedule below to fit ISO-MASS into your preferred daily workout regimen.

AM Workout

6am: Wake up

6:15am: Breakfast with 1 serving Power Caps & 1 serving ISO Sensation 93

7am Consume 1 Serving Horse Power

7:30am: Begin Workout, Sip on Carbo Booster throughout workout

9am: End workout, Immediately consume 1 serving of ISO-MASS

10:30am: Snack with 1 serving ISO Sensation 93

12:30pm: Lunch, with 1 serving Carbo Booster

2:30pm Consume 1 serving ISO-MASS

4:30pm: Snack with 1 serving ISO Sensation 93

6:30pm: Dinner, with 1 Serving ISO-MASS for dessert

8:30pm Consume 1 Serving each Casein Protein and ZMA

11pm: Bedtime

PM Workout

6am: Wake up

6:15am: Breakfast with 1 serving Power Caps & 1 serving ISO Sensation 93

8am Consume 1 serving ISO-MASS

10:30am: Snack with 1 serving ISO Sensation 93

12:30pm: Lunch with 1 serving Carbo Booster

3pm: Snack with 1 serving ISO-MASS

6pm: Dinner

7pm Consume 1 serving Horse Power

7:30pm: Begin workout, Sip Carbo Booster throughout workout

9pm: End workout, Immediately consume 1 serving ISO-MASS

10pm Consume 1 serving each

Casein Protein and ZMA

11pm: Bedtime