3 SETS + MASS XXX[™] = 5 SETS **EQUAL GAIN IN MASS, MUSCLE STRENGTH AND ENDURANCE®**

° In an eight-week, randomized, double-blind, placebo-controlled study of healthy male volunteers, 18 subjects completed 3 sets of resistance training (RT) daily + the macronutrient blend in Mass XXX™, and 16 subjects performed 5 sets RT daily with no supplement. After eight weeks, subjects on the supplement showed equal gains in body weight, fat free mass (FFM), maximal muscle strength (MMS) and muscle endurance (ME) with only 3 sets RT per day compared to the control group who completed 5 sets RT per day.

CYSTINE

TRYPTOPHAN

Typical Amounts of Key Amino Acids Per 4 Scoop Serving to Support Optimal Muscle Growth and Development^*

11 G OF BCAA	35 G OF MUSCLE SUPPORT
LEUCINE	GLUTAMINE & GLUTAMIC ACID
ISOLEUCINE	ASPARTIC ACID
VALINE	LYSINE
	THREONINE
4 G OF CREATINE	PROLINE
BUILDING BLOCKS	ALANINE
ARGININE	SERINE
METHIONINE	PHENYLALANINE

^{*}When used in conjunction with an exercise program



Products bearing this logo have been tested for banned substances by LGC Science, Inc., a world-class anti-doping lab. *Product was tested for over 145 banned substances on the 2017 World Anti-Doping Agency (WADA) Prohibited List via LGC skip lot testing protocol #ICPO307. See gnc.com for more information.

* 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.



KEEP OUT OF REACH OF CHILDREN. Store in a cool, dry place. For More Information: 1-888-462-2548 Distributed by: General Nutrition Corporation Pittsburgh, PA 15222 USA



ADVANCED MUSCLE PERFORMANCE

MASS XXX **CLINICALLY PROVEN MUSCLE STRENGTH & STAMINA**

Increase Lean Muscle Mass with 40% Fewer Sets ♦* Micronized Aminos to Help Fuel Muscles*

750 **CALORIES**

50_G **PROTEIN**

BCAA

CREATINE MATRIX

DIRECTIONS: As a dietary supplement, mix 4 level scoops (205 g) with 16 fl. oz. of cold water or milk. Consume 1 - 2 servings daily. On training days, consume post-workout. On non-training days, consume first thing in the morning or between meals. Consume ample amounts of water while taking this product.

Supplement Facts

Servings Per Container 13

Amount Per Serving	% Daily Value		Amount Per Serving	% Daily Va	
Calories	750		Creatine Matrix Blend	3 g	
Total Fat	6 g	8%†	Dicreatine Malate	890 mg	
Saturated Fat	4 g	20%†	Creatine Ethyl Ester HCl	800 mg	
Cholesterol	100 mg	33%	Guanidinoacetate	500 mg	
Total Carbohydrate	123 g	45%†	Creatine Monohydrate	400 mg	
Dietary Fiber	4 g	14%†	L-Arginine	300 mg	
Total Sugars	20 g	*	L-Glycine	80 mg	
Includes 4 g Added Sugars	-	8%†	L-Methionine	30 mg	
Protein	50 g		Micronized Amino Acids	500 mg	
Calcium	560 mg	43%	Micronized Glutamine	250 mg	
Iron	5.1 mg	28%	Micronized L-Arginne	130 mg	
Sodium	720 mg	31%	Micronized L-Leucine	120 mg	
Potassium	1320 mg	28%	† Percent Daily Values are based on a 2,000 calorie diet.		
Tri-MG Infusion™	3 g	*	* Daily Value not established.		
BETAPOWER® Betaine Anhydrous	2.5 q	*			

OTHER INGREDIENTS: Maltodextrin, Protein Blend (Whey Protein Concentrate, Calcium Caseinate, Soy Protein Isolate), Cocoa (Processed with Alkali), Natural and Artificial Flavors, MCT (Medium Chain Triglycerides), Lecithin, Salt, Acesulfame Potassium, Sucralose.

CONTAINS: Milk and Soybeans.

WARNING: Consult your physician prior to using this product if you are pregnant, nursing, taking medication, under 18 years of age, or have a medical condition. Discontinue use two weeks prior to surgery.

(as Calcium β-hydroxyβ-methylbutyrate monohydrate [HMB])

NOTICE: Significant product settling may occur. BETAPOWER® is a registered trademark of DuPont or its affiliates.





Micronized Amino Acids

Fuel to Support Muscle Protein Synthesis & Key Processes Crucial to Gaining Mass^*

dosing, full transparency and no proprietary blends. Clinically studied ingredients backed by real science. Get massive. Get advanced muscle performance.



*	Achieve Maximum Gains*
*	Fast, Medium & Slow Absorbing Protein

Science-Based Nutrition for Advanced Muscle Performance^*

Helps Increase Lean Muscle Mass, Weight, Strength & Stamina with 40% Fewer Sets **

The Right Amount of Carbs, Quality Proteins &

Enhanced Results

Nutritional Foundation

Clinically Proven

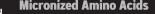
Studies Show Creatine Can Safely & Effectively Support Immediate Energy Production & Athletic Performance When Combined with Regular Exercise*

Tri-MG Infusion™

This Anabolic Blend Combines Clinically Studied Betaine with HMB Creating an Anti-Catabolic Effect for Your Muscles to Support Athletic Performance*

Creatine Matrix Blend

Includes 3 Forms of Creatine + Ingredients You Body Uses to Make Creatine to Help Improve Training Results & Support Muscle Protein



Faster Absorbing, Key Aminos for Better Muscle

If it's on our labels, then it's in our bottles. Full



DIETARY SUPPLEMENT NET WT 6.20 LB (99.20 OZ) 2812.27 G