

# EXTREME MASS

**Dangerously Anabolic Weight Gainer**

## Nutrient Rich Anabolic Formulation for Extreme Mass and Size Gains.

**Whey, Egg and Casein proteins selected for their superior natural amino acid profile and unique absorption rates. This synergistic protein delivers a constant supply of amino acids for optimal muscle growth and high positive nitrogen balance.**

**Protein 5 Matrix:** The same superior balanced amino acid profile from the blend of fast and slow release proteins; whey peptides, WPI, WPC, micellar casein and egg albumen, as found in Protein Synergy 5.

**MCT oils:** A fast burning, high energy density source of fuel for the rapid generation of Energy.

**Canola & Sunflower oils:** Energy rich and high in Monounsaturated and Polyunsaturated oils, including Essential Fatty Acids (EFA's) Linoleic (omega 6) and Linolenic (omega 3).

**High Calorie:** With 429 Calories per 100g serve, gram for gram EXTREME MASS provides a higher concentration of energy than protein or carbs, making it easier to consume the calories required for optimal lean weight gain.

### Flavours:

Chocolate Truffle, Vanilla,  
Choc Banana and Strawberry

### Available In:

1.5kg & 4kg Pails

4kg Multi Flavour Pack  
(Chocolate Truffle, Vanilla, Choc Banana)

**Muscle Sparing Carbs:** Medium Length Glucose Polymers and easily digested, low-allergy Rice Starch provide muscle sparing carbohydrates to drive massive muscle growth whilst minimising fat gain.

**Multi-phase Formulation:** Immediate and long term energy with multi-stage release proteins to help satisfy fast metabolisms, fuel high intensity training and improve anabolic recovery.

**Smooth & Delicious:** Mixes easily with water or milk into a smooth, creamy shake that doesn't leave you feeling bloated.

**Easy Mixing:** Just add water or milk and shake. Mixes quickly into a satisfying shake that won't leave you bloated.

**100% Great Taste ~ No Artificial Colours**

## NUTRITION INFORMATION

| Servings per container:<br>15 (1.5kg) 40 (4kg)<br>Serving Size: 100g | Qty per<br>100g serve* | Per 100g<br>with 500ml<br>(Low Fat milk) |
|--|------------------------|--|
| Energy   | 1793 kJ<br>429 Cal     | 2817 kJ<br>674 Cal                       |
| Protein  | 42.5 g                 | 62.5 g                                   |
| Fat  |                        |  |
| - Total  | 9.4 g                  | 14.4 g                                   |
| - Saturated  | 4.7 g                  | 7.7 g                                    |
| - Trans  | 0.1 g                  | 0.2 g                                    |
| - Polyunsaturated  | 2.6 g                  | 2.7 g                                    |
| - Monounsaturated  | 2.0 g                  | 3.2 g                                    |
| Carbohydrates  |                        |  |
| - Total  | 42.5 g                 | 71.5 g                                   |
| - Sugars   | 9.0 g                  | 38.0 g                                   |
| - Lactose  | 1.7 g                  | 30.7 g                                   |
| Dietary Fibre  | < 1 g                  | < 1 g                                    |
| Sodium   | 135 mg                 | 385 mg                                   |
| Potassium  | 300 mg                 | 600 mg                                   |
| Calcium  | 240 mg<br>(30% RDI)    | 940 mg                                   |
| MCT Oils   | 2.8 g                  | 2.8 g                                    |

ALL SPECIFIED VALUES ARE AVERAGES FOR ALL FLAVOURS  
RDI = RECOMMENDED DIETARY INTAKE