



EXTREME MASS



SUITABLE FOR ALL PEOPLE

6 types of high quality proteins, energy giving carbs and healthy fats combine to provide a nutrient packed high calorie shake that meets the needs of everyone from fast growing teens to busy mums, active tradies, serious sportspeople, fussy eaters and the elderly.



FLEXIBLE NUTRITION

Use a full serve with low fat milk for nearly 700 power packed calories or a half serve on water for around 220 macro balanced calories to meet your own specific needs.



TIMED RELEASE PROTEIN & CARBS

Proteins from Whey Peptides, WPI, WPC, Egg Albumen, Micellar Casein & Calcium Caseinate start to break down within minutes and continue for up to 8 hours. Carbs from long chain glucose polymers and easily digested rice starch provide both short and long-term energy.



DIGESTIVE ENZYMES

Added DigeZyme® to help break down proteins into simple amino acid chains to facilitate the absorption of these amino acids within the body.



GRASS FED WPI

Whey protein isolate made from healthy, happy grass fed cows, with naturally occurring nutrients including CLA, beta-carotene and Vitamin D.



EASY DIGESTING

Made from easily digested proteins and carbs, the light milkshake consistency won't bloat so it's easy to consume extra calories, especially for people with small appetites.

NUTRIENT RICH – including 6 types of protein, a unique selection of complex carbohydrates and a healthy blend of Canola and Sunflower oils with fast burning MCT Oils, puts the emphasis on ensuring the body maintains a highly anabolic state to maximise extreme mass and size gains.

HIGH CALORIE WEIGHT GAINER – to facilitate lean mass gain the body needs extra calories. Starting with a high quality protein base, carbs (carbohydrates) are added to provide a muscle sparing energy source, and healthy fats provide a higher concentration of energy to make it easier to consume the calories required for optimum lean weight gain.

NUTRITION INFORMATION	Qty per 100g serve	Qty per 100g serve with 500ml water	Qty Per 100g serve with 500ml Low Fat milk
Serving size: 100g			
Energy	1793 kJ 429 Cal	1793 kJ 429 Cal	2817 kJ 674 Cal
Protein	42.5 g	42.5 g	62.5 g
Fat - Total	9.4 g	9.4 g	14.4 g
- Saturated	4.7 g	4.7 g	7.7 g
- Trans	0.1 g	0.1 g	0.2 g
- Polyunsaturated	2.6 g	2.6 g	2.7 g
- Monounsaturated	2.0 g	2.0 g	3.2 g
Carbohydrates, Total	42.5 g	42.5 g	71.5 g
- Sugars	9.0 g	9.0 g	38.0 g
- Lactose	1.7 g	1.7 g	30.7 g
Dietary Fibre	< 1 g	< 1 g	< 1 g
Sodium	135 mg	135 mg	385 mg
Potassium	300 mg	300 mg	600 mg
Calcium	240 mg (30% RDI)	240 mg (30% RDI)	940 mg (117% RDI)
MCT Oils	2.8 g	2.8 g	2.8 g

*All specified values are averages for all flavours
RDI: Recommended Dietary Intake

EXTREME MASS AMINO ACIDS (Typical Profile)	
ESSENTIAL AMINO ACIDS	Qty per 100g
Isoleucine	2565 mg
Leucine	4490 mg
Lysine	3875 mg
Methionine	1040 mg
Phenylalanine	1640 mg
Threonine	2750 mg
Tryptophan	770 mg
Valine	2645 mg
NON-ESSENTIAL AMINO ACIDS	
Histidine	855 mg
Alanine	2160 mg
Arginine	1285 mg
Aspartic Acid	4155 mg
Cysteine	855 mg
Glutamic Acid*	16498 mg
Glycine	1054 mg
Proline	2395 mg
Serine	3666 mg
Tyrosine	2473 mg

*Glutamic Acid = Glutamine

PROTEIN SYNERGY PROTEIN COMPLEX – using the same proven proprietary blend of 6 proteins found in International Protein's PROTEIN SYNERGY, this product delivers a constant supply of essential amino acids into the bloodstream for a period of hours, ensuring a high positive nitrogen balance is maintained for maximal muscle growth.

DIRECTIONS FOR USE: Mix 100g (3 SCOOPS) with 500mL of low fat milk or water in a shaker or blender. Can also be made up on other beverages such as almond milk, coconut milk, full cream milk (for extra calories), soy milk or blended with ice cream. Take 2-3 times daily IN ADDITION to your regular meals for weight gain. Best times for use are mid morning, mid afternoon and before sleep or whenever extra calories are required.

INGREDIENTS: Protein Blend [Whey Protein Concentrate, Whey Protein Isolate, Calcium Caseinate, Micellar Casein (Milk Protein Isolate), Hydrolysed Whey Protein Isolate (Whey Peptides), Egg Albumen], Medium Chain Glucose Polymers, Omega Oil Powder [Sunflower Oil, Canola Oil, Glucose Syrup Solids, Milk Protein, Emulsifiers (471, 322), Flavour], Rice Starch, MCT Oil Powder [Medium Chain Triglycerides derived from Palm Oil, Glucose Syrup Solids, Caseinate, Emulsifier (471)], Flavours, Cocoa*, Natural Colours (Beetroot Juice Powder^, Annatto Extract^, Caramel^, Vegetable Carbon Black^), DigeZyme®, Sweetener (Sucralose), Emulsifier (Soy Lecithin).

* Chocolate flavours only

Strawberry flavour only

^ Caramel Popcorn flavour only

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