

# HEAVY WEIGHT MASS GAINER



## DESIGNED FOR HARD-GAINERS

A super concentrated, energy rich, high protein formulation that is easy to consume in addition to the regular diet, providing Hard-gainers the extra calories they need to make noticeable gains.



## WITH MODCARB™

A unique grain matrix including gluten free oat bran, quinoa, amaranth, buckwheat and millet delivers nutrition-rich complex carbohydrates that help ensure modulated absorption and gradual utilisation by the body.



## TIMED RELEASE PROTEIN

Proteins from Whey Peptides, WPI, WPC and Calcium Caseinate start to break down within minutes and continue for up to 8 hours helping to maintain the body in growth state.



## SUPER HIGH CALORIE

1050 calories per serve when made up with 500mL of skim milk as directed and can be taken as two half serves or one full serve, which also delivers a massive 85g of protein.



## 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.



## MUSCLE GROWTH SUPPORT

Muscle sparing MCT oils and carbohydrates for energy, quality proteins plus extra free form Glutamine, BCAAs and 12 essential vitamins & minerals help support muscle recovery and growth.

**PROTEIN SYSTEM** – a multi-phase release blend of Whey Protein Concentrate (WPC), Calcium Caseinate, Whey Protein Isolate (WPI) and Whey Peptides provide proteins the body can use over a prolonged period to help keep the body in a growth friendly state. Additional glutamine and BCAA's promote muscle growth and recovery.

**CARB COMPLEX** – Energy rich glucose polymers and nutrient rich complex carbohydrates from gluten free oat bran, quinoa, amaranth, buckwheat and millet provide the body with the fuel to satisfy the quickest hard-gainer metabolism and spare protein during exercise to ensure optimal weight gain is achieved.

**OMEGA-RICH BLEND** – MCT oils and Omega fats provide extra high energy calories (9 calories per gram of energy compared to only 4 calories from proteins and carbs) to support fast metabolisms. The omega rich fats are also known as 'good' fats for their many beneficial properties that can help maintain vitality and protect the body.

**DIRECTIONS FOR USE:** Mix 220g (6 SCOOPS) with 400-500ml of skim milk. Consume either in the morning, between meals or post workout. Can be taken as two half serves during the day.

**INGREDIENTS:** CARB COMPLEX [Maltodextrin, ModCarb™ Gluten Free (Trim® Processed: Oat bran, Quinoa, Amaranth, Buckwheat, Millet, Trehalose)], PROTEIN SYSTEM (Whey Protein Concentrate, Calcium Caseinate, Whey Protein Isolate, Hydrolysed Whey Protein Isolate), Cocoa\*, Flavours, L-Glutamine, L-Leucine, L-Isoleucine, L-Valine, Emulsifier (Soy Lecithin), OMEGA-RICH BLEND (Medium Chain Triglycerides, Omega Powder), DigeZyme®, Taurine, Sweeteners (Sucralose), Vitamins and Minerals [Sodium Ascorbate (Vitamin C), Ferrous Fumarate (Iron), Zinc Sulphate (Zinc), Niacin, Vitamin E, Riboflavin (Vitamin B2), Pyridoxine HCl (Vitamin B6), Thiamine (Vitamin B1), Vitamin A, Folic Acid (Folate), Cholecalciferol (Vitamin D3), Cyanocobalamin (Vitamin B12)].

\*Chocolate flavours only



NUTRITION INFORMATION		Average qty per 220g serve with 500ml skim milk	Average qty per 100g powder only
Servings per container: 9 (2kg) 18 (4kg)			
Serving size: 220g			
Energy	4390 kJ 1050 Cal	1600 kJ 380 Cal	
Protein	85 g	29 g	
Fat - Total	5.8 g	2.4 g	
- Saturated	3.5 g	1.3 g	
Carbohydrates - Total	160 g	60 g	
- Sugars	33.7 g	2.2 g	
Sodium	440 mg	100 mg	
<b>DigeZyme® Digestive Enzyme Blend</b>			
Amylase	2640 DU/g	1200 DU/g	
Protease	1100 HUT/g	500 HUT/g	
Cellulase	121 CU/g	55 CU/g	
Lactase	440 LAC/g	200 LAC/g	
Lipase	22 FIP/g	10 FIP/g	
<b>Vitamins &amp; Minerals</b>			
Calcium	1060 mg (130% RDI)	160 mg	
Vitamin A	375 ug (50% RDI)	170 mg	
Thiamine	0.12 mg (10% RDI)	0.05 mg	
Riboflavin	1.13 mg (87% RDI)	0.06 mg	
Niacin	1 mg (10% RDI)	0.45 mg	
Vitamin B6	0.16 mg (10% RDI)	0.07 mg	
Vitamin B12	0.2 ug (10% RDI)	0.09 ug	
Pantothenic Acid	0.5 mg (10% RDI)	0.2 mg	
Vitamin C	4 mg (10% RDI)	1.8 mg	
Vitamin D	1 ug (10% RDI)	0.45 ug	
Vitamin E	1 mg (10% RDI)	0.45 mg	
Biotin	3 ug (10% RDI)	1.4 ug	
Folate	20 ug (10% RDI)	9 ug	
Zinc	1.2 mg (10% RDI)	0.55 mg	
Iron	1.2 mg (10% RDI)	0.55 mg	

Heavy Weight (Typical Profile)	Qty per 220g serve	Qty per 100g
<b>ESSENTIAL AMINO ACIDS</b>		
Isoleucine	3084 mg	1402 mg
Leucine	5531 mg	2514 mg
Lysine	4644 mg	2111 mg
Methionine	985 mg	448 mg
Phenylalanine	2111 mg	959 mg
Threonine	3065 mg	1393 mg
Tryptophan	775 mg	352 mg
Valine	2953 mg	1342 mg