



**MUSCLE ROCK**



# MASS GAINER

**DIRECTION:** Shaker: Make 1/2 serving each time, adding 2 scoops of Big Mass to 8oz of water.

**BLENDER:** Combine 12-16oz of milk or water, ice cubes and 4-scoop of Mass Gainer. Mass Gainer contains the perfect scientific ratio of 32% protein (32g) to carbohydrates (55g). Most gainers are loaded with sugar, but Big Mass includes only 6 grams of sugar per serving. Each serving also includes MCT oil which is used as a direct energy source.

Triple Filtered Whey Protein  
Only 6g of Sugar per serving.  
Cold Processed whey protein  
Over 1250 Calories Per Serving.  
Great Taste.



Mkt. By:-

**Muscle Rock**

Hisar, 125033 Haryana



1218 KCAL  
ENERGY



ADDED  
FIBRE



ZERO  
ADDED SUGAR



32G  
PROTEIN



3.5 G  
CREATINE



5.5 G  
BCAA + EAA

## Supplement Facts

Serving Size: 1 Scoop (31g)  
Serving Per Container: about 100

	Amount Per Serving 100g
Calories	1250
Calories from Fat	50
Total Fat	3.5g
Saturated Fat	1.5g
Trans Fat	0g
Cholesterol	60mg
Total Carbohydrate	55g
Dietary Fiber	2g
Sugar	6g
Protein	32g
Creatine	3.5g
Calcium	190mg
BCAA+EAA	5.5g
Sodium	150mg

+ Daily Values are based on a 2,000 calorie diet.  
\*\* Daily Values not established.



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Mfg By:  
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HEALTH SUPPLEMENT

NET WT. 5KG.