



MUSCLE ROCK

MUSCLE GAIN



DIRECTION: Shake : Make 1/2 serving each time, adding 2 scoops of muscle gain 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 gainer 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 33

	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:

Body Spartans Nutrition

Plot No-7 Near Sahanai Place Sarsvati Vihar,Hansi
125033(HRY)INDIA

HEALTH SUPPLEMENT NET WT. 1KG.