

Supreme Mass

SUPEREME MASS is a perfect blend of Whey Protein Casein and Milk Protein; fortified with Glutamine, Creatine, Minerals & Vitamins; all of which would provided essential nutrition for maximum Mass Gain and lean Muscle Growth.

It supports endurance, recovery and general health with amino acids coming from its rich protein blend.

SUPEREME MASS is a powerful weight gain formula. This instantized powder makes a sizable post-workout and between meals shake. It gives you the tools you need to pack on pounds and - when coupled with serious weight training - develop your physique to the fullest.

HIGHLIGHT POINTS :

- Consuming more calories has never been this easy or tasted so good.
- 420 Calories in one serving when taken with 250ml milk.
- 16 grams of protein per serving when taken with 250ml milk.
- 25 Vitamins and Essential Minerals.

TIPS:

While using Blender : By adding few high energy ingredients to your shake, you can blend up a delicious meal. Try adding fresh fruits (bananas, strawberries etc.), peanut butter, yoghurt, almonds or other such ingredients.

GLUTEN
FREE

ISO 22000
CERTIFIED

HACCP
CERTIFIED



fssai 10821999000317

Mfg By:
Body Spartans Nutrition
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MUSCLE ROCK

SUPREME

Protein
30 G

Creatine
3.5 G

Calcium
0.3 G

MASS

NEXT GENERATION SUPPLEMENT

Net Weight
5 Kg.

**Improved
Test**

Carbohydrates some facts:
Eat complex carbohydrates that are slow burning which means you get longer lasting energy.

Eating carbohydrates directly after training provides your body with an insulin spike. This insulin spike puts your body into an anabolic (muscle building state).

Eating small servings of carbohydrates more often helps keep a steady flow insulin into the body.

Fiber in carbohydrates helps to build muscle by making muscle tissue absorb amino acids faster and more efficiently. When you mix protein and carbohydrates together in the same meal.

You minimize the chance of the carbohydrates being stored as fat. Protein is harder for the body to process, so it increases your metabolism.

Carbohydrates in **Supreme Mass** help to form muscle glycogen. The long lasting fuel that your body needs to train hard. Complex carbohydrates are slow burning which means you get longer lasting energy.

Carbohydrates in **Supreme Mass** also help keep your blood sugar levels content this reduces fat storage and fatigue and promotes the related of insulin. Insulin is the body's natural anabolic hormone and is essential for muscle development.

Supreme Mass is a mixture of protein with carbohydrates so it minimize the chance of the carbohydrates being stored as fat protein also carbohydrates help transport the nutrients from protein to the muscle cells which aids in muscle growth. Post-workout carbohydrate helps release insulin putting you into an anabolic.

Muscle building state says the American Journal of Clinical Nutrition but it only works when you take in protein and fat too.

To keep your metabolism high you need to constantly stimulate it with small meals every 3 hours or so.

"If you feel fatigued after training with heavy legs and low motivation it's often because you are in a carb depleted state". says sports nutritionist Becky Stevenson.
"no matter what anyone says you need carbs after training." says Gleny Jones, nutritionist at the medical research council. if you want to hit your peak don't be lured into a low carb-diet. **Supreme Mass** is essential for energy muscle building and even brain power dietary food supplement not for medicinal use

Supplement Facts

Serving Size: 1 Scoop (31g)
Servings per container: 100+

Amount per Serving	Per 100g
Energy	1115 Kcal
Protein	30 g
Carbohydrate	55 g
Dietary Fiber	1 g
Fat	4.5 g
MUFA	1.72 g
Trans Fat	1 g
Sugar	2 g
Cholesterol	0.00g
Creatine	3.5 g
L-Glutamine	100 mg

INGREDIENTS: Protein Blend (Whey Protein concentrate, Calcium Caseinate, Skimmed Milk) Sucrose, vegetable Fat, Maltodextrin, Soy Protein, Cocoa, Natural & Artificial Flavor, Vitamins and Minerals Blend. (Refer to Nutritional Table for details).



For Complete Product Range please visit us at
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