MIGHTY MASS 3000

Released from the duty to register as RDC No. 27/2010.

- » 199g of complex carbohydrates per serving.
- » Provides 35g of protein per serving.
- » Contains BCAAs.
- » Complete formula of Vitamins and Minerals.
- » Anti Catabolic.
- » Flavors: Vanilla and Chocolate.
- » Pack with 3 kg.

199g of Complex Carbohydrates: Mighty Mass 3000® provides 199 g of carbohydrates diluted in skim milk, provides 174g diluted in water. The available carbohydrates are Fructose and Maltodextrin.

35g de Protein per serving: Mighthy Mass 3000® provides 35 g of high biological value protein: Concentrated Whey Protein.

BCAA´s: contains BCAA´s to protect the muscle from catabolism.

Suggested Use: Mix one serving (4 scoops) in 500ml of water, skim milk or your favorite beverage. We suggest the use of Mighty Mass® 3000 three times a day: The first serving 45 minutes before exercise to ensure the best performance. The second serving after exercise, the important stage of recovery. And the last serving about 1 hour before bedtime, to keep the body full of calories, or as a recommendation from a doctor or dietitian and nutrition specialist.

Flavors: Vanilla and Chocolate.

Package: 3kg.

Performance Nutrition Phone: +55 11 4425-8088 | Fax: +55 11 4426-9634
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PERFORMANCE SCIENCE NUTRITION

MIGHTY MASS 3000

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Ingredients (Vanilla): Concentrate Whey Protein, Fructose, Maltodextrin, Vanilla Artificial Flavor, Soy Lecithin and Vitamin and Mineral Blend (Vitamin A, Vitamin D, Vitamin E, Folic Acid, Pantothenic Acid, Biotin, Niacinamide, Vitamin B1, Vitamin B12, Vitamin B2, Vitamin B6, Vitamin C, Vitamin K, Calcium, Chromium, Iron, Phosphorus, Iodine, Magnesium, Manganese, Selenium, Zinc). GLUTEN FREE.

Ingredients (Chocolate): Concentrate Whey Protein, Fructose, Maltodextrin, Chocolate Artificial Flavor, Vanilla Artificial Flavor, Vitamin and Mineral Blend (Vitamin A, Vitamin D, Vitamin E, Folic Acid, Pantothenic Acid, Biotin, Niacinamide, Vitamin B1, Vitamin B12, Vitamin B2, Vitamin B6, Vitamin C, Vitamin K, Calcium, Chromium, Iron, Phosphorus, Iodine, Magnesium, Manganese, Selenium, Zinc) and Cocoa. GLUTEN FREE.

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PERFORMANCE SCIENCE NUTRITION

MIGHTY MASS 3000

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Supplement Facts - 1 Serving - 4 scoops (212 g)

Amount per Serving	w/skim milk	%Daily Value*	w/water	%Daily Value*
Calories	975 kcal = 4095Kj	49%	800 kcal - 3360 kj	40%
Proteins	35 g	70%	20 g	40%
Carbohydrates	199 g	66%	174 g	58%
Total Fats	2,5 g	4%	2,5 g	4%
Saturated Fats	1 g	4%	1 g	4%
Trans Fats	0 g	**	0 g	**
Food Fiber	0 g	0%	0 g	0%
Sodium	380 mg	16%	130 mg	5%

* % Daily values based on a diet of 2000 kcal or 8400Kj. Your daily values may be higher or lower depending on your energy requirements.
** RDA not established.

Typical Amino Acids Profile (w/skim milk):

L-Alanine	988 mg	L-Phenylalanine	676 mg
L-Arginine	468 mg	L-Proline	1170 mg
L-Aspartic Acid	2652 mg	L-Serine	988 mg
L-Threonine	1378 mg	L-Cistin	572 mg
L-Tyrosine	598 mg	*L-Tryptophan	468 mg
L-Glycine	364 mg	L-Valine	1144 mg
L-Glutamic Acid	3614 mg	L-Isoleucine	1222 mg
L-Histidine	364 mg	L-Leucine	2028 mg
L-Lysine	1690 mg	L-Methionine	464 mg

* The quantity of L-Tryptophan in Performance Nutrition products occurs naturally, being acceptable according to FDA standards.

Vitamins and Minerals Profile:

Vitamin A	90 mcg	15% IDR	Biotin	4,5 mcg	15% IDR
Vitamin C	6,75 mg	15% IDR	Calcium	150 mg	15% IDR
Vitamin D	0,75 mcg	15% IDR	Iron	2,1 mg	15% IDR
Vitamin E	1,5 mg	15% IDR	Phosphorus	105 mg	15% IDR
Vitamin K	9,75 mcg	15% IDR	Magnesium	0,39 mg	15% IDR
Vitamin B1	0,18 mg	15% IDR	Zinc	1,05 mg	15% IDR
Vitamin B2	0,19 mg	15% IDR	Iodine	19,5 mcg	15% IDR
Vitamin B3	2,4 mg	15% IDR	Copper	135 mcg	15% IDR
Vitamin B6	0,19 mg	15% IDR	Selenium	5,1 mcg	15% IDR
Vitamin 12	0,36 mcg	15% IDR	Chrome	5,25 mcg	15% IDR
Folic Acid	60 mcg	15% IDR	Manganese	0,34 mcg	15% IDR
Pantothenic Acid	0,75 mg	15% IDR			15% IDR

* % Daily values based on a diet of 2000 kcal or 8400Kj. Your daily values may be higher or lower depending on your energy requirements.
** RDA not established.

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