



# WE BUILD CHAMPIONS



## WEIGHT GAIN FORMULA

3000 Muscle Mass is an essential product during a period of mass growth, as the protein it contains contributes to the growth of muscle mass. In addition to a rich concentration in whey protein, this formula contains all the essential amino acids, as well as an excellent complex of vitamins and high-quality carbohydrates, in addition to 6,5 g of BCCA's of natural source per serving.

- MUSCLE GROWTH AND DEVELOPMENT
- EXCELLENT AMINO ACIDS PROFILE AND HIGH QUALITY CARBS
- FLAVOURS: BANANA, CHOCOLATE, STRAWBERRY, VANILLA
- PACKAGING: 1,3 KG AND 4,5 KG
- USE: TAKE EACH DAY 150 G WITH 450 ML WATER OR WHOLE MILK IN ADDITION TO REGULAR MEALS

### SUPPLEMENT FACTS

Serving Size: 150 g  
Servings per Container: 8 & 30

#### Typical Nutritional Values

	/150g in water	/100g
Energy	580kcal/2426kJ	387kcal/1617kJ
Proteins	24,1 g	16,1 g
Carbohydrates	115,6 g	77,1 g
Fat	2,4 g	1,6 g

#### Amino Acids /150g in water /100g

L-Glutamic Acid 5400 mg 3600 mg

L-Prolin 2100 mg 1400 mg

**L-Leucin (BCAA) 3000 mg 2000 mg**

L-Lysin 3000 mg 2000 mg

L-Aspartic Acid 3000 mg 2000 mg

**L-Valin (BCAA) 1710 mg 1140 mg**

L-Tyrosin 870 mg 580 mg

L-Serin 1470 mg 980 mg

**L-Isoleucin (BCAA) 1800 mg 1200 mg**

L-Phenylalanin 900 mg 600 mg

L-Threonin 1890 mg 1260 mg

L-Arginin 810 mg 540 mg

L-Methionin 480 mg 320 mg

L-Histidin 540 mg 360 mg

L-Alanin 1470 mg 980 mg

Glycin 480 mg 320 mg

L-Tryptophan 600 mg 400 mg

L-Cystein 480 mg 320 mg

#### Vitamins /150g in water /100g

Vit. B5 76% RDA\* 4,568 mg 3,045 mg

Niacin 86% RDA\* 13,704 mg 9,136 mg

Vit. B6 109% RDA\* 1,523 mg 1,015 mg

Vit. B2 87% RDA\* 1,218 mg 0,812 mg

Vit. B12 113% RDA\* 2,82 µg 1,88 µg

\*Recommended Daily Allowance

**INGREDIENTS:** Maltodextrin, dextrose, whey protein concentrate, flavour, thickening agent E412, fructose, sweetener E951, vit. B3 (Nicotinamide), vit. B5 (D-pantothenate, calcium), vit. B6 (Pyridoxine hydrochloride), vit. B2 (Riboflavin), vit. B12 (Cyanocobalamin). Contains a source of phenylalanine. Contains milk (incl. lactose).

