10 mm Seal
6 mm Bleed

25mm
HANDLE
25mm
35mm
TEAR NOTCH 10mm
ZIPPER 15mm
495mm
385mm

CLEAN FOR ATHLETES
BANNED SUBSTANCE TESTED

64 GRAMS[1] PROTEIN

1010 CALORIE MASS GAINER

ALLMAX®

SCIENCE • INNOVATION • QUALITY • RESULTS

AM PM POST

RAPID **MASS GAIN** CATALYST*

QUICKMASS®

University-Based **LEAN MASS** Research

- Gain Lean Body Mass Fast*
- 1010 Nutrient-Dense Calories*
- 24 Added Vitamins and Minerals

1010 CALORIES[1] | **LAB TESTED EVERY LOT** | **3:1 CARB:PRO[1]**

10 LBS | Natural & Artificial Flavors
Net Wt 4.54 kg (160 oz)

[1] Per 4 Scoop Serving

310mm Front

8mm Slit Path

CLEAN FOR ATHLETES
BANNED SUBSTANCE TESTED

INFORMED CHOICE — CHOICE REGULARLY TESTED FOR BANNED SUBSTANCES

LEAN MASS GAINS: Over 1,000 Calories Per Serving!

CODE ~ ZONE
NO GRAPHICS

RECOMMENDED DOSE:
Take 1 scoop 4 times per day. Mix or shake 1 scoop of powder with approx. 125 ml cold water or low-fat milk immediately before consumption.

Body Mass Gains*

7 lbs	
6 lbs	
5 lbs	
4 lbs	
3 lbs	
2 lbs	
1 lb	
	6.8 lbs QUICKMASS®
	1.32 lbs CONTROL

GAIN IN TOTAL BODY MASS IN 8 WEEKS[1]
A Gold-Standard 8-Week Study: Performed at California State University, twelve subjects consuming the nutrient equivalent in 2 servings of QUICKMASS® daily, gained an average of 6.8 lbs of Total Body Mass.*

UNIVERSITY RESEARCH-BASED SCIENCE FOR MAXIMUM MASS*:
QUICKMASS® Packs 1010 MASS-BUILDING CALORIES into every serving in cold water, no milk required! During one 8-week Gold-Standard (double blind, placebo-controlled) study conducted at California State University, twelve subjects provided with the same calorie content as 2 servings of QUICKMASS® per day gained 4.5 times as much fat-free mass and increased chest size by 1 inch.*

64 G of SUSTAINED RELEASE PROTEIN TO BUILD MASS*:
MASSPRO® creates a rapid and sustained delivery of MUSCLE-BUILDING proteins that work continuously all day to help you RECOVER and GROW. Power up your MUSCLE PROTEIN SYNTHESIS and FUEL your LEAN MASS GAINS!*

OPTIMAL 3:1 CARB TO PROTEIN RATIO:
CARBPLEX® provides the calories your body needs to grow ALL DAY! CARBPLEX® absorbs up to 20 times more slowly than sugar providing the ultimate MASS FUEL for your gains! The QUICKMASS® carbohydrate blend is powered by healthy, long-chain and complex carbohydrates such as sweet potato, rolled oats and quinoa along with scientifically studied and tested carbs like Cyclo-D and Soluble Corn Fiber, a natural prebiotic.*

3:1 CARB:PRO

Nutrition Facts

Serving Size: Per 4 Scoops (255 g)
Servings Per Container: ~17

Per 1 Scoop (85 g)
Per Container: ~70

	Amount	% Daily Value	Amount	% Daily Value
Calories	**1010**		**250**	
Total Fat	**8 g**	**10%**[1]	**2 g**	**3%**[1]
Saturated Fat	5 g	25%[1]	1.3 g	7%[1]
Cholesterol	**180 mg**	**60%**	**45 mg**	**15%**
Total Carbohydrate	**172 g**	**63%**[1]	**43 g**	**16%**[1]
Dietary Fiber	4 g	11%[1]	1 g	4%[1]
Total Sugars	12 g	[1]	3 g	[1]
Added Sugars	6 g	16%[1]	2 g	4%[1]
Protein	**64 g**		**16 g**	
Vitamin A (as Vitamin A Palmitate)	2800 mcg RAE	41%	700 mcg RAE	16%
Vitamin C (as Ascorbic Acid)	90 mg	100%	23 mg	25%
Vitamin D (as Ergocalciferol)	10 mcg	50%	2.5 mcg	13%
Vitamin E (as dl-Alpha Tocopheryl Acetate)	30 mg IU	67%	7.5 mg IU	17%
Vitamin K (as Phytonadione)	75 mcg	63%	19 mcg	16%
Thiamine (as Thiamine Mononitrate)	1.5 mg	125%	0.4 mg	33%
Riboflavin (as Riboflavin)	1.7 mg	131%	0.4 mg	31%
Niacin (as Niacinamide)	20 mg	125%	5 mg	31%
Vitamin B6 (as Pyridoxine HCl)	2 mg	118%	0.5 mg	29%
Folate	400 mcg DFE (200 mcg folic acid)	100%	100 mcg DFE (50 mcg folic acid)	25%
Vitamin B12 (as Methylcobalamin)	6 mcg	250%	1.5 mcg	63%
Biotin (as Biotin)	30 mcg	100%	7.5 mcg	25%
Pantothenic Acid (as Calcium D-Pantothenate)	6 mg	120%	1.5 mg	30%
Choline (as Choline Bitartrate)	100 mg	20%	25 mg	5%
Iron (as Ferrous Fumarate)	18 mg	100%	4.5 mg	25%
Phosphorus (as Tricalcium Phosphate)	500 mg	40%	125 mg	10%
Iodine (as Potassium Iodide)	75 mcg	50%	19 mcg	13%
Magnesium (as Magnesium Oxide)	100 mg	24%	25 mg	6%
Zinc (as Zinc Oxide)	15 mg	136%	3.8 mg	34%
Selenium (as L-Selenomethionine)	55 mcg	79%	14 mcg	20%
Copper (as Cupric Sulfate)	2 mg	222%	0.5 mg	56%
Manganese (as Manganese Gluconate)	2 mg	87%	0.5 mg	22%
Chromium (as Chromium Picolinate)	120 mcg	343%	30 mcg	86%
Molybdenum (as Molybdenum Amino Acid Chelate)	75 mcg	160%	19 mcg	40%
Chloride	750 mg	33%	188 mg	8%
Potassium	500 mg	10%	125 mg	3%

[1] Percent Daily Values are based on a 2,000 calorie diet.
Potassium, Calcium, Sodium Bicarbonate

[1] Daily values not established.

INGREDIENTS: MASS COMPLEX [Medium and Long Chain Maltodextrin Complex, Cyclo-D™ (Highly-Branched Cyclic Dextrin), Waxy Maize Starch, Sweet Potato Powder, Oat Fiber, Quinoa Flour], **PROTEIN BLEND** [Whey Protein Concentrate, Milk Protein Isolate, Whey Protein Isolate], **PREBIOTIC** [Soluble Corn Fiber], **ENZYME BLEND** [Protease, Bromelain].

FLAVORS:

CHOCOLATE
OTHER INGREDIENTS: Cocoa Powder, Natural and Artificial Flavors, Caramel Creamer (Caramel Oil, Soluble Corn Fiber, Sodium Caseinate, Sunflower Lecithin, Silicon Dioxide), Soy Lecithin, Silicon Dioxide, Acesulfame Potassium.
ALLERGEN WARNING: Contains Milk, Soy, Coconut oil, Wheat. Soy lecithin. Produced in a facility that also handles egg, peanuts, tree nut, sesame, fish, crustacean and shellfish products.

COOKIES & CREAM
OTHER INGREDIENTS: Cocoa Crumbs [Enriched Flour (Wheat Flour, Malted Barley Flour, Niacinamide, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Sugar, Cocoa (processed with Alkali), Soybean and/or Palm Oil, High Fructose Corn Syrup, Leavening (Baking Soda, Ammonium Bicarbonate), Salt, Soy Lecithin], Natural and Artificial Flavors, Caramel Creamer (Caramel Oil, Soluble Corn Fiber, Sodium Caseinate, Sunflower Lecithin, Silicon Dioxide), Natural & Artificial Flavors, Acesulfame Potassium, Sucralose.
ALLERGEN WARNING: Contains Milk, wheat, Coconut oil, Wheat, Soy lecithin. Produced in a facility that also handles egg, peanuts, tree nut, sesame, fish, crustacean and shellfish products.

CHOCOLATE PEANUT BUTTER
OTHER INGREDIENTS: Natural and Artificial Flavors, Peanut Flour, Caramel Creamer (Caramel Oil, Soluble Corn Fiber, Sodium Caseinate, Sunflower Lecithin, Silicon Dioxide), Soy Lecithin, Silicon Dioxide, Acesulfame Potassium, Sucralose.
ALLERGEN WARNING: Contains Milk, wheat, Peanuts, Coconut oil, Wheat. Soy lecithin. Produced in a facility that also handles egg, tree nut, sesame, fish, crustacean and shellfish products.

STRAWBERRY-BANANA
OTHER INGREDIENTS: Natural and Artificial Flavors, Caramel Creamer (Caramel Oil, Soluble Corn Fiber, Sodium Caseinate, Sunflower Lecithin, Silicon Dioxide), Soy Lecithin, Silicon Dioxide, Citric Acid, Malical Color (Aluminum Red 40lac subgum, Alum Powder), Sucralose, Tricalcial Milk Phosphate.
ALLERGEN WARNING: Contains Milk (whey), Coconut oil, Wheat, Soy lecithin. Produced in a facility that also handles egg, peanuts, tree nut, sesame, fish, crustacean and shellfish products.

VANILLA
OTHER INGREDIENTS: Natural and Artificial Flavors, Caramel Creamer (Caramel Oil, Soluble Corn Fiber, Sodium Caseinate, Sunflower Lecithin, Silicon Dioxide), Soy Lecithin, Silicon Dioxide, Sucralose, Coconut Milk Powder.
ALLERGEN WARNING: Contains Milk (whey), Coconut oil, Wheat, Soy lecithin. Produced in a facility that also handles egg, peanuts, tree nut, sesame, fish, crustacean and shellfish products.

Contains a bioengineered food ingredient

QUICKMASS® PROTEIN PROFILE
PER 4 SCOOP SERVING

100% COMPLETE WHOLE PROTEIN SOURCE
ALL ESSENTIAL AMINO ACIDS

Essential Amino Acids (EAA)	
Branched Chain Amino Acids (BCAA)	
L-Leucine	3200 mg
L-Isoleucine	2000 mg
L-Valine	2000 mg
L-Histidine	1300 mg
L-Lysine	3300 mg
L-Methionine	1000 mg
L-Phenylalanine	2000 mg
L-Threonine	1700 mg
L-Tryptophan	500 mg
L-Cysteine	1000 mg
L-Arginine	1010 mg
L-Aspartic Acid	6130 mg
L-Cysteine	1000 mg
L-Glutamic Acid	1300 mg
L-Glycine	1000 mg
L-Proline	4080 mg
L-Serine	2760 mg
L-Tyrosine	1000 mg

Typical Amino Acid Profile is naturally occurring from 100% Whole Protein Sources and does not include Creatine.

WARNING: Do not use if seal is broken. This product is for adult use only. Not for use by pregnant or lactating women. Consult your physician prior to use if you are pregnant or lactating. Keep out of reach of children. Do not use if you have a medical condition or are taking prescription medication without first consulting your physician. Do not exceed recommended dose. Do not use if you are allergic to any ingredient listed. Discontinue use if any adverse reaction occurs. Keep out of reach of pets. Keep in a cool, dry place. Do not use if you are allergic to any ingredient listed. Do not use if you are allergic to any ingredient listed. Do not use if you are allergic to any ingredient listed