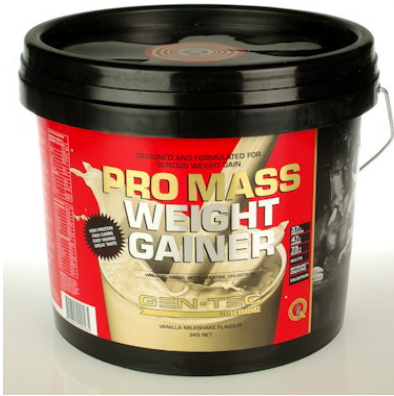


# PRODUCT INFORMATION



## PRO MASS

### WEIGHT GAINER

Flavours: Vanilla and Chocolate Size: 3KG

**GEN-TEC NUTRITION Pro Mass Weight Gainer** is a supplementary sports food developed for individuals with a need to gain extra weight or improve recovery from high intensity exercise

#### PROTEIN

The protein contained in PRO MASS is a combination of micro filtered WPI (fast digesting) and instantised WPC (medium/slow digesting) sourced exclusively from New Zealand.

The high essential/branch chain amino acid content of PRO MASS makes it an ideal product to use post exercise to support muscle growth and repair.

#### CARBOHYDRATES

The maltodextrin (derived from corn) in PRO MASS contains short and medium chain carbohydrates for instant energy and glycogen replenishment in muscle tissue. Fructose (derived from fruit) contains a large chain carbohydrate for more sustained energy and glycogen replenishment in the liver.

Carbohydrates are essential for individuals with a fast metabolism wanting to gain weight as they provide a major fuel source for intense exercise and are protein sparing to create an anabolic environment conducive to building muscle mass.

#### FATS

PRO MASS contains a high amount of MCT oil (medium chain triglycerides) to aid those with a fast metabolism as a fuel source and to improve nitrogen retention.

**OPTIPURE™ CREATINE MONOHYDRATE** has been added to PRO MASS to support energy, strength and muscle growth.

#### COLOSTRUM

Therapeutic grade Colostrum containing more than 35% immunoglobulin G has been included in PRO MASS to support immunity and digestion thereby improving the ability to gain quality weight in a healthy environment.

#### SUGGESTED USE:

**SHAKER:** For convenience add five rounded scoops (100g) of PRO MASS to 400mls of water and shake 20 times for a smooth, creamy shake.

**BLENDER:** Add five rounded scoops(100g) to 400mls of water or milk. You may add any fruits (fresh or frozen), yoghurt, almonds or peanut butter to increase nutritional calorie content.

#### DAILY USE:

Use PRO MASS immediately after all intense exercise to support recovery and between meals for weight gain. Use with **Gen-Tec Creatine 320** for superior results.



*100% Australian Owned and Manufactured. Gen-Tec sources the world's finest quality raw materials and use internationally recognised bio chemists to produce leading products that live up to my expectations!*

*Nick Jones, Mr Australasia, Mr Australia, Mr World*

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