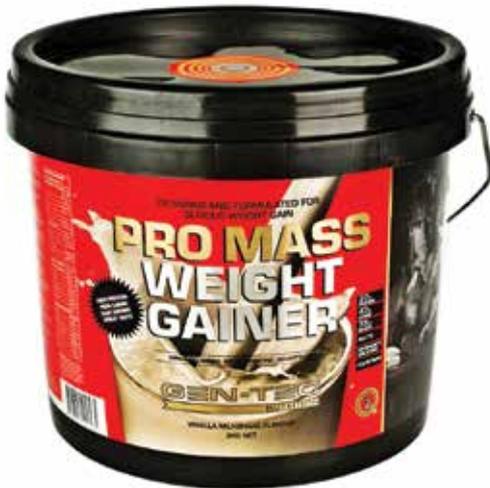


# PRODUCT INFORMATION

## PRO MASS

### WEIGHT GAINER



Gen-Tec's 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.

### SIZES

Available in 3KG

### FLAVOURS

Vanilla, Chocolate, Banana



**GEN-TEC**  
NUTRITION

*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!*

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