

ultra **Mass 4500**TM



**4500 Mass Building Calories
Only In Universal's Sport Line**



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Every Body Is Different. Good Nutrition Is Universal.

ULTRA MASS 4500™

INCREASE CALORIC INTAKE WITH GOOD, QUALITY CALORIES FOR MAXIMUM GROWTH

You want to get big and stay that way. You are tired of products that leave you with empty promises of muscle mass enhancement. Empty promises and empty calories. Two things you don't need more of. You need quality calories, you need a weight gainer with all the right components to grow. Ultra Mass 4500™ is that weight gainer you have been searching for. It packs 90 grams of protein per serving to fuel your muscles. You also want good carbs, with less sugar, to energize your workouts. You want good, efficient fats like MCTs that are burned quickly and used to fuel your training. If you are looking for a complete weight gainer that will keep you lean while you add muscle mass, check out Ultra Mass 4500™.

Ultra Mass 4500™



- 90 Grams of Protein
- 4 Superior Sources of Protein
- 4500 Nutritionally-Dense Calories
- No Fructose
- Aspartame Free
- Rich in Vitamins and Minerals
- Extreme Energy
- Support Mass Gains

Form: Powder

Serving: 433g (3 cups)

Recommended Use: Mix 3 cups of Ultra Mass 4500™ with 3 1/2 cups of cold whole milk. To increase your intake to 4500 calories, mix 6 cups of Ultra Mass 4500™ with 7 cups of cold whole milk. Add powder after the milk is already in the shaker or cup. Use Ultra Mass 4500™ accordingly depending on your specific caloric needs.

Nutrition Facts

Serving Size 433g (3 cups)
Servings Per Container 10

Amount Per Serving

Calories 1677

	% Daily Value*		% Daily Value*
Total Fat 17g	26%	Potassium 758mg	22%
Saturated Fat 5g	24%	Total Carbohydrate 291g	97%
Trans Fat 0g		Dietary Fiber 3g	12%
Cholesterol 168mg	56%	Sugars 22g	
Sodium 934mg	39%	Protein 90g	180%

Vitamin A 144%	•	Vitamin C 143%	•	Calcium 86%
Iron 15%	•	Vitamin D 143%	•	Vitamin E 157%
Vitamin K 143%	•	Thiamin 144%	•	Riboflavin 203%
Niacin 144%	•	Vitamin B6 145%	•	Folate 140%
Vitamin B12 143%	•	Biotin 143%	•	Pantothenic Acid 143%
Phosphorous 42%	•	Magnesium 27%	•	Zinc 2%
Selenium 19%	•	Copper 29%	•	Manganese 14%
Chromium 1%	•	Molybdenum 2%	•	Chloride 20%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your caloric needs.

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat. Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:	Fat 9	•	Carbohydrate 4
			•
			Protein 4

Other Ingredients: Maltodextrin, Ultra Mass Protein Blend [whey protein concentrate (milk), soy protein isolates, calcium caseinate (milk), instant egg albumin, creatine HCl], Ultra Mass Lipid Complex [non-hydrogenated sunflower oil powder, medium chain triglycerides (MCT)], inulin, natural and artificial flavors, sodium chloride, taurine, Ultra Mass Vitamin Blend [ascorbic acid, dl-alpha tocopheryl acetate, niacinamide, di-calcium pantothenate, pyridoxine HCl, vitamin A acetate, riboflavin, thiamine mononitrate, folic acid, biotin, cholecalciferol, cyanocobalamin], Ultra Mass Colloid Blend [cellulose gum, xanthan gum, carrageenan], betaine HCl, choline bitartrate, sucralose, and acesulfame potassium.

Calories

To add on lean muscle mass, it's essential to consume more calories. But not just any old calorie will do. A complete blend of high quality proteins, carbs and fats is what's needed. Ultra Mass 4500™ is jam-packed with massive amounts of the right calories for building muscle. So if you're looking for the ultimate mass building formula look no further than Ultra Mass 4500™.

Better Quality Protein

Each serving of Ultra Mass 4500™ is packed with a special blend of 4 high quality protein sources. Ultra Mass 4500™ is the ideal blend of "fast" absorbed and "slow" absorbed proteins. Why is this blend preferred? Well, quickly digested proteins are typically better for sparking protein synthesis, while slow digested proteins are more efficient at preventing protein breakdown. The combination of both forms is the only way to maximize protein synthesis and nitrogen retention.

Loaded with Complex Carbs

Ultra Mass 4500™ is lower in simple sugars and packed with complex carbohydrates, the type of carbs needed for replenishing glycogen and building lean muscle mass. No inferior sugars like fructose are used. Fructose can more readily convert to fat and can even cause stomach (GI) upset. Inulin, a soluble, non-digestible fiber is added to the blend. Inulin improves digestion and creates the right environment for optimal nutrient uptake in the gut, an important factor when consuming massive amounts of calories.

Quality Fats

Fats are key in hormone synthesis, calorie dense and are essential components of all cells. Thus making them an integral component for anyone looking to pack on lean muscle mass. This is why Ultra Mass 4500™ is loaded with quality fats such as MCTs. MCTs not only act as a good source of energy, they are essential in preserving muscle glycogen -- important factors when training. Ultra Mass 4500™ also contains no trans fats -- the harmful fats you want to avoid.