



HEALTH & WELLNESS

MASS ADVANTAGE®

*High-quality whey protein for working muscles**

DESCRIPTION

As an athlete, you work hard to build muscle, maintain fitness, and excel in your chosen sports. In order to accomplish these objectives, you probably participate in regular training sessions and follow a careful diet, with a heavy emphasis on proteins.

Rigorous workouts build muscle but also cause some muscle-fiber damage. The recovery process strengthens and defines muscles. For maximum muscle fitness, it's vital that the body's recovery process repair muscle fiber in a timely manner. Mass Advantage® is a high-protein, chocolate-flavored shake that is specially formulated with muscle-building nutrients to assist the body during recovery from your workout.*

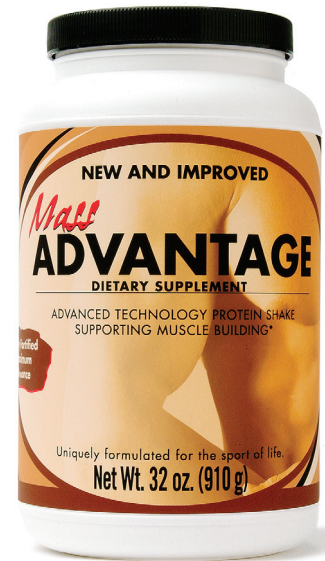
Mass Advantage® features an incredible 43 grams of protein per serving. This formula delivers two of the highest-quality proteins available to your hard-working muscles: whey and whey protein isolate. In addition, this low-carbohydrate shake is fortified with the key branched-chain amino acids L-leucine, L-isoleucine, and L-valine to increase endurance, decrease your recovery time between workouts, and help build muscle mass.*

BENEFITS

- Supports muscular health*
- Provides fuel for working muscles*
- Supports physical recovery after exercise*
- Branched-chain amino acids help build muscle mass*

(continued on next page)

** These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.*



NEWAYS
INTERNATIONAL



HEALTH & WELLNESS

MASS ADVANTAGE®

(continued)

KEY INGREDIENTS

- **Whey protein**—High-quality protein that provides fuel for working muscles while supporting muscle recovery.*
- **Vitamin/mineral blend**—A blend of B vitamins, minerals, and electrolytes that supports energy and recovery.*
- **Amino acids**—Fortified with a combination of L-leucine, L-isoleucine, and L-valine, in addition to naturally occurring amino acids found in whey protein.*

* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Supplement Facts

Serving Size: 65 g (two rounded scoops)
Servings Per Container: 14

	Amount Per Serving	Shake Powder
Calories		250
Calories from Fat		35
		% Daily Value*
Total Fat	3.5g	6%
Saturated Fat	1.5g	6%
Cholesterol	85 mg	28%
Total Carbohydrate	12g	4%
Dietary Fiber	5g	21%
Sugars	3g	
Protein	43g	86%
Thiamin	0.07 mg	5%
Riboflavin	0.59 mg	35%
Vitamin B6	0.07 mg	4%
Folate	224 µg	56%
Vitamin B12	5 µg	83%
Pantothenic Acid	0.5 mg	5%
Calcium	247 mg	25%
Iron	1.63 mg	9%
Phosphorus	39 mg	4%
Iodine	90 µg	60%
Magnesium	72 mg	18%
Zinc	6 mg	40%
Selenium	13 µg	19%
Manganese	0.3 mg	15%
Chromium	39 µg	33%
Molybdenum	5.2 µg	7%
Chloride	442 mg	13%
Sodium	448 mg	19%
Potassium	520 mg	15%

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

	Calories	2000	2500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate	300g	375g	
Dietary Fiber	25g	30g	

Calories per gram
Fat 9 • Carbohydrates 4 • Protein 4

INGREDIENTS: Whey protein concentrate, dutch cocoa, natural flavors, whey protein isolate, cellulose gum, maltodextrin, salt, sucralose, zinc yeast, L-Leucine, L-Isoleucine, L-Valine.



NEWAYS
INTERNATIONAL