



### MASS GAINER

**Mass Gainer** is the best food supplement for optimizing the building of muscle mass. It has a very high caloric content which contributes to obtain a positive energetic balance essential for optimal muscle mass development and fast recovery of athletes.

### Contents

Milk proteins (calcium caseinate, whey proteins) of high quality, carbohydrates, Medium chain triglycerides, vitamins and minerals.

### Available in 3 delicious aromas

Vanilla, Cappuccino and chocolate.

### Price

59,00 Frs per unit of 1000 g

111.00 Frs per unit of 2400 g

[Analyse Mass Gainer](#)

### Indications

To develop muscle mass it is imperative that the daily energy intake is slightly higher than caloric expenditure, so that the energy balance is positive. **Mass Gainer** is a dietary supplement that has been specially formulated for all those who want to gain muscle mass. The protein in **Mass Gainer**

will support the daily protein intake and optimize protein synthesis in muscle cells . The carbohydrates in

#### **Mass Gainer**

will improve glycogen restoration in muscle cells and post exercise recovery. The Medium Chain Triglycerides contained in

#### **Mass Gainer**

will facilitate a positive energy balance and consequently the building of muscle mass.

### Ingredients

Maltodextrin, calcium caseinate , whey protein (Whey protein) , medium chain triglycerides, , flavors , calcium carbonate , sodium chloride , magnesium oxide , potassium chloride , sweeteners: cyclamate and sodium saccharin , ascorbic acid, alpha tocopherol, niacinamide , ferrous fumarate , beta- carotene , zinc oxide , calcium pantothenate , pyridoxine hydrochloride, riboflavin, thiamine hydrochloride, cholecalciferol , folic acid , biotin, cyanocobalamin (vitamin B12) .

### Use

Dilute 4 level scoops of powder ( approximately 40 g ) in 300 mL of skimmed milk 2 to 3 times a day using a mixer or shaker. May also be used with water : Dilute 8 level scoops of power (approximately 80 g) in 200 ml of water 2 to 3 times a day using a mixer or shaker.

### Advices

Use at breakfast and in the hour following the end of the effort for optimizing building of muscle

mass and fast recovery.