

# MO' MASS

Choice of Liquid, Peanut Butter, Oatmeal, Banana  
& 5g Creatine with Vanilla or Chocolate 'Daily Mass' Builder



PEANUT BUTTER

BANANA

CREATINE

'DAILY MASS'  
BUILDER

OATMEAL

BENEFITS  
DIGESTION

HIGH IN  
FIBER



# “MO’ MASS”

|        |  |
|--------|--|
| 6 OZ   | CHOICE OF LIQUID                                   |
| 4      | FREEZE DRIED BANANA PIECES<br>(OR 2" FRESH BANANA) |
| 1 SCP  | PEANUT BUTTER                                      |
| 1 SCP  | ROLLED OATS  |
| 2 SCPS | VANILLA OR CHOCOLATE DAILY MASS BUILDER            |
| 1 SCP  | CREATINE   |
| 12 OZ  | ICE  |

## Nutrition Facts

servings per container

**Serving size** 20 fl. oz. (591 ml)  
(468g)

Amount per serving

**Calories** 650

% Daily Value\*

**Total Fat** 21g 27%

Saturated Fat 3.5g 18%

*Trans* Fat 0g

**Cholesterol** 20mg 7%

**Sodium** 200mg 9%

**Total Carbohydrate** 85g 31%

Dietary Fiber 5g 18%

Total Sugars 31g

Includes 0g Added Sugars 0%

**Protein** 32g

Vitamin D 2mcg 10%

Calcium 435mg 35%

Iron 1mg 6%

Potassium 480mg 10%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.