

LEAN MASS GAINZ

Critical Mass™ is quite simply the UK's favourite and trusted Mass Gain Supplement. It uses the highest quality ingredients, all of which have been carefully selected for the ability to deliver quality **LEAN MASS GAINZ** allowing you to rack up the calories for your daily count.

Our new reduced sugar formulation contains 42g of both fast and slowly digested proteins per serving including ISO-XP 95% Whey Protein Isolate.

KEY BENEFITS

- New Reduced Sugar Formula
- Added HMB, Glutamine, Leucine & Creatine Matrix
- **Creatine:** Increases physical performance in short-term bursts of short-term, high-intensity exercise
- **Added Fats:** CLA & MCT Powder
- High Calorie Protein & Carbohydrate Shake
- **Chromium:** Contributes to Macronutrient Metabolism
- Recommended to be used with iDRIVE™ Insulin Driver
- Halal Certified Product

NUTRITIONAL INFORMATION

	per serving 150 g	per (100 g)	*RI %
Energy	2367 kJ / 566 kcal	1578 kJ / 377 kcal	
Fat	10 g	6.7 g	
of which Saturates	2.1 g	1.4 g	
Carbohydrate	74.7 g	49.8 g	
of which Sugars	2.9 g	1.9 g	
Fiber	4.6 g	3.1 g	
Protein	42 g	28 g	
Salt Equivalent	0.27 g	0.18 g	
Sodium	0.1 g	0.07 g	
Creatine Matrix	5 g	3.3 g	
of which Monohydrate	3 g	2 g	
of which Kre-Alkalyn®	2 g	1.33 g	
L-Leucine	5 g	3.3 g	
Glutamine Peptides	5 g	3.3 g	
HMB	2 g	1.33 g	
HICA (Leucic Acid)	0.5 g	0.33 g	
ALA (Alpha Lipoic Acid)	250 mg	166.6 mg	
AstraGin®	45 mg	30 mg	
DigeZyme®	40 mg	27 mg	
Pterostilbene	15 mg	10 mg	

Chromium	1 mg	0.6 mg	2500
LactoSpore®	100,000,000 spores	67,000,000 spores	

* Reference Intake

INGREDIENTS

(For Chocolate & Chocolate Mint Flavour)

Organic Ground Oats (**Gluten**), Maltodextrin, Protein Blend (MPI 90: **Milk** Protein Isolate, ISO-XPTM 95: Whey Protein Isolate **Milk**, WPC 80: Whey Protein Concentrate **Milk**), Fat Reduced Cocoa Powder, Creatine Matrix (Creatine Monohydrate 3g, Kre-Alkalyn® 2g Buffered Creatine Monohydrate), L-Leucine, Glutamine Peptides, CLA Powder (Conjugated Linoleic Acid), MCT (Medium Chain Triglycerides), HMB (Beta-Hydroxy Beta-Methylbutyrate), Natural Colouring, Natural Flavouring, Instantising Agent (**Soy** Lecithin), HICA (Alpha-Hydroxy Isocaproic Acid), ALA (Alpha Lipoic Acid), AstraGin® (Astragalus & Panax Notoginseng Extract), DigeZyme® Enzyme Complex (Amylase, Protease, Cellulase, Lactase, Lipase), Pterostilbene, Chromium (as Chromium Picolinate), Sweetener (Sucralose), LactoSpore® Probiotics (Bacillus Coagulans).

(For Banana, Strawberry, Vanilla & White Chocolate Raspberry Flavour)

Organic Ground Oats (**Gluten**), Maltodextrin, Protein Blend (MPI 90: **Milk** Protein Isolate, ISO-XPTM 95: Whey Protein Isolate **Milk**, WPC 80: Whey Protein Concentrate **Milk**), Creatine Matrix (Creatine Monohydrate 3g, Kre-Alkalyn® 2g Buffered Creatine Monohydrate), L-Leucine, Glutamine Peptides, CLA Powder (Conjugated Linoleic Acid), MCT (Medium Chain Triglycerides), HMB (Beta-Hydroxy Beta-Methylbutyrate), Natural Colouring, Natural Flavouring, Instantising Agent (**Soy** Lecithin), HICA (Alpha-Hydroxy Isocaproic Acid), ALA (Alpha Lipoic Acid), AstraGin® (Astragalus & Panax Notoginseng Extract), DigeZyme® Enzyme Complex (Amylase, Protease, Cellulase, Lactase, Lipase), Pterostilbene, Chromium (as Chromium Picolinate), Sweetener (Sucralose), LactoSpore® Probiotics (Bacillus Coagulans).

ALLERGENS please see ingredients in **BOLD**

Kre-Alkalyn® is a registered trademark of All American Pharmaceutical & Natural Foods Corporation. Kre-Alkalyn® is a multi-patented product (US Patent #6,399,661, Australian patent #AU2003203344, New Zealand patent #519305). International patents pending. All rights reserved. Kre-Alkalyn® is a correct pH form of Creatine.

SUGGESTED USE

Mix 2.5 Scoops (150g) with 500ml of water or skimmed milk and shake well using a shaker bottle.

Consume 1-3 servings daily depending on your calorie requirements. **Critical Mass** is a carbohydrate dense shake and pairs perfectly with Applied Nutrition's GDA (Glucose Disposal Agent) **iDrive™** Insulin Driver.

***Scoops are estimate only, weighing scales are recommended.**

INFORMED SPORT - PROFESSIONAL

Every batch of this product is tested for banned substances under the Informed-Sport™ programme. Products undergo rigorous testing at an ISO 17025 accredited lab to provide the highest level of assurance that they are safer for athletes to use.

CAUTION

Check with a qualified health professional before using this product if you are under the age of 18, pregnant or nursing a baby or if you have any known or suspected medical condition(s) and or are taking any prescription or OTC medication(s). Not to be used as a substitute for a varied diet and healthy lifestyle. Store this product in a cool dry place, away from children. Do not exceed suggested use.