

BARBARIAN NUTRITION'S

# COLOSSAL MASS

is a dense calorie meal-replacement shake, designed to meet the demanding nutritional requirements of a hard fought Barbarian! Packed with over 3000 kJ, 40g high quality Protein, 7000mg Cell-Volumizing amino acids and a full Vitamin profile, Barbarian Mass will ensure your body is anabolic and building muscle all day.

SUGGESTED USE



3 Level Scoops



500ml - 600ml  
Water OR Milk



After your  
Workout

**Ingredients:** GlycoMax Carb Blend (Waxy Maize Starch, Maltodextrin, Dextrose, Fructose), *Anabolic Protein Blend* (Milk Protein, Whey Concentrate, Soy Isolate, Micellar Casein), *Cell-Volumizing Amino Stack:* (Creatine Monohydrate, Glycine, Taurine), Flavouring, MCT Oil, Inulin, Salt, Thickeners, Lecithin, Non-Nutritive Sweeteners (Sucralose & Acesulfame K), Multivitamin Blend and Digestive Enzymes, Colourant (E122, E104).

**Allergen Information:** Cow's Milk, Soy Protein. This product is produced in a facility that processes Eggs, Dairy and Soy.



## Typical Nutritional Information

Serving Size: 3 Level Scoops (210 g)

Servings Per Container: 20

	Per 210g Serving	Per 100g	DV%*
Energy	3 179 kJ	1 514 kJ	†
Protein	40 g	19,1 g	72%
Carbohydrates	143 g	67,9 g	†
of which Sugar	33 g	16 g	†
Total Fat	3 g	1,4 g	†
of which Saturated Fat	1,5 g	0,7 g	†
Total Sodium	240 mg	114 mg	†
Total Fibre#	1 500 mg	714 mg	†
<b>Cell-Volumizing Amino Stack</b>	<b>7 000 mg</b>	<b>3 332 mg</b>	†
Creatine Monohydrate	2 500 mg	1 190 mg	†
Glycine	2 500 mg	1 190 mg	†
Taurine	2 000 mg	952 mg	†
Vitamin A	1 498 IU	713 IU	50%
Vitamin D	300 IU	143 IU	50%
Vitamin E	7,5 mg	3,6 mg	50%
Vitamin B1	0,6 mg	0,3 mg	50%
Vitamin B2	0,7 mg	0,3 mg	50%
Vitamin B6	0,9 mg	0,4 mg	50%
Vitamin B12	1,2 mcg	0,6 mcg	50%
Folic Acid	0,2 mg	0,1 mg	50%
Biotin	15 mcg	7,1 mcg	50%
Nicotinamide	8 mg	3,8 mg	50%
Pantothenic Acid	2,5 mg	1,2 mg	50%
Vitamin C	50 mg	23,8 mg	50%

\*Percent Daily Values are based on a 2 000 calorie diet. Your daily values may be higher or lower depending on your calorie needs. † - %DV Not Established. #Dietary fibre obtained using AOAC 985.29

**Disclaimer:** Warning: Seek advice from a health care professional before use if you have any pre-existing medical condition. Do not use if you are pregnant or nursing, or if you are being treated for heart disease or high blood pressure. Should not be used in conjunction with any prescription medication, including MAO inhibitors, stimulants or anti-depressants. Discontinue use and consult your doctor if any adverse reactions occur. KEEP OUT OF REACH OF CHILDREN.

Available Flavours:

**STRAWBERRY BANANA**

**CHOCOLATE**

