

New, precision formula **Mass Maker** takes the category of high quality weight gainers to a new level. Mass Maker features the scientifically advanced Tri-Phase carbohydrate system—an unparalleled high-octane carb source for performance athletes and bodybuilders. Advanced Tri-Phase is comprised of two proven complex carbohydrate sources: corn (maltodextrin) and rice, and one unbelievably sophisticated fibrous carbohydrate “inulin” —a super low glycemic carbohydrate with a 10-hour release time.

Mass Maker also features Beverly International's exclusive “Pro Mass” protein blend. “Pro Mass” delivers a hard-hitting anabolic array of state of the art proteins and amino acids including; Casein, Milk Protein Isolate, Taurine, Whey Protein Isolate, Hydrolyzed Beef Plasma, Colostrum, and Egg White. No fancy, unsubstantiated claims . . . just unsurpassed quality and no nonsense results, guaranteed!

Try Mass Maker For Yourself ... Here's How!


Method #1: As a convenient high quality portable meal replacement: Simply mix a three-scoop serving of Mass Maker in 8 oz. water for a simple-but-effective 270 calorie meal with the following nutrient proportion: 30% protein, 65% carbohydrate and 5% fat. It's easy to adjust the number of scoops (90 calories per scoop) to fit your individualized caloric needs.

Method #2: As an advanced recovery drink: Mass Maker's Tri Phase Carbohydrate system, “Pro Mass” blend of both anabolic and anti-catabolic proteins, and comprehensive blend of electrolytes are perfect following an intense training session. Two servings in 16-oz water yields 40 grams protein, 86 grams carbohydrates and only 3 grams fat. For remarkable results add one or more scoops Complete MRP and 1 teaspoon Beverly International L-Glutamine.

Method #3: To add calories to your weight gain diet: This is one of the simplest and easiest methods to achieve muscular weight gain. Simply add one serving of “new” Mass Maker in 8 oz. water and drink at the completion of each of your regular meals. If you eat five meals daily, you'll be adding 1350 calories to your daily total.

Method #4: Add one scoop Beverly International Muscle Provider or 100% Egg to one or more servings of Mass Maker for a supercharged high protein, moderate carb meal.

Method #5: The ultimate size gainer: Mix 2 scoops Ultra Size and 2 servings Mass Maker = 74g protein, 96g carbohydrate, 11g fat; 780 calories.



BEVERLY INTERNATIONAL
“THE NO NONSENSE” SUPPLEMENTS”

MASS MAKER

**ENHANCED WEIGHT GAIN SYSTEM
ADVANCED RECOVERY FORMULA DRINK MIX**

Aspartame Free/No Added Sugars

NET WT. 1.18kg (2.6 LB)

Distributed by
BEVERLY INTERNATIONAL NUTRITION
Established Laguna Hills, CA 1967 • Cold Spring, KY 41076

Nutrition Facts

Serving Size 3 Scoops (70g)
Servings Per Container about 17

Amount Per Serving	Powder	With 1 cup nonfat milk
Calories	270	350
Calories from Fat	15	20
%Daily Value**		
Total Fat 1.5g*	0%	3%
Saturated Fat 0g	0%	0%
Cholesterol 0mg	0%	2%
Sodium 140mg	6%	11%
Potassium 300mg	9%	20%
Total Carbohydrate 43g	14%	18%
Dietary Fiber 0g	0%	0%
Sugars 2g		
Sugar Alcohol 0g		
Protein 20g	40%	56%

	With 1 cup Powder	With 1 cup nonfat milk		With 1 cup Powder	With 1 cup nonfat milk
Vitamin A	0%	10%	• Vitamin C	0%	4%
Calcium	35%	70%	• Iron	35%	70%
Phosphorous	10%	35%	• Iodine	35%	35%
Magnesium	35%	35%	• Zinc	35%	35%
Selenium	35%	35%	• Copper	35%	35%
Chromium	2%	2%			

* Amount in powder

**Percent Daily Values (%DV) are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Protein		50g	65g
Calories per gram:	Fat 9 • Carbohydrate 4 • Protein 4		

Ingredients: Beverly International Tri Phase carbohydrate blend (maltodextrin, rice syrup solids, inulin from dahlia juice), “Pro Mass” protein blend (calcium caseinate, milk protein isolate, taurine, whey protein isolate, hydrolyzed beef plasma, colostrum, egg white), natural and artificial flavor, safflower oil, potassium chloride, medium chain triglycerides, magnesium oxide, calcium phosphate, sodium chloride, sucralose, ferric orthophosphate, acesulfame K, zinc oxide, copper sulfate, potassium iodide, tocopherols added to protect flavor, sodium selenite, chromium picolinate.

Contains No Added Sugar/Aspartame Free

Directions: Add 3 scoops of Mass Maker Drink Mix to 1 cup (8 fl. oz.) water or nonfat milk. Stir or blend until smooth.

Typical Amino Acid Profile per 70g Serving of Mass Maker Drink Mix powder:

Alanine	0.6 g	Methionine*	0.6 g
Arginine	0.7 g	Phenylalanine*	0.9 g
Aspartic Acid	1.3 g	Proline	1.8 g
Cystine	0.1 g	Serine	1.1 g
Glutamic Acid	3.9 g	Threonine*	0.8 g
Glycine	0.3 g	Tryptophan*	0.2 g
Histidine	0.6 g	Tyrosine	1.0 g
Isoleucine (BCAA)*	0.9 g	Valine (BCAA)*	1.2 g
Leucine (BCAA)*	1.8 g		
Lysine*	1.4 g	* Essential Amino Acid	

For questions or comments on the entire line of Beverly International supplements call:

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