











# TMU'S MUSCLE MASS 20 IS A TOTAL REVOLUTION IN RAPID WEIGHT GAIN.

AS WE HAVE PACKED 1100 CALORIES FROM THE MOST NUTRITIONAL DENSE PROTEINS AND CARBOHYDRATES WITHOUT ANY UNWANTED FATS PER SERVING, ENSURING YOU ADD QUALITY WEIGHT GAIN IN RIGHT AREAS OF YOUR BODY, IF YOU ARE A TYPICAL "HARD GAINER" WHO STRUGGLES TO INCREASE YOUR BODY WEIGHT, TMU'S MUSCLE MASS 20 CRASH WEIGHT GAINER IS THE PRODUCT YOU NEED. GREAT TASTE AND AN EASY MIX FORMULA IS THE SIGNATURE OF ALL TMU PRODUCTS.

THIS PRODUCT IS NOT FOR USE BY ANYONE UNDER THE AGE OF 18, DO NOT TAKE THIS IF YOU HAVE OR ARE AT RISK FOR ANY MEDICAL CONDITION OR DISEASE, PLEASE CONSULT WITH A PHYSICIAN BEFORE USING THIS PRODUCT, KEEP OUT OF THE REACH OF CHILDREN.

**ALLERGEN INFORMATIONS: MADE IN A GMP FACILITY THAT USES** MILK, WHEY, SOY, EGG AND NUTS.

NOTE: DO NOT USE AS YOUR SOLE SOURCE OF CALORIES.

# **SUPPLEMENT FACTS**

SERVING SIZE: 2 SCOOPS (150 G) SERVINGS PER CONTAINER: 33

FLAVOURS	VANILLA		CHOCOLATE		STRAWBERRY		
CONTENT	100 G	PER SERVING 150 G	100 G	PER SERVING 150 G	100 G	PER SERVING 150 G	*RI% /SERVING
ENERGY	1584 KJ/ 374 KCAL	2377 KJ/ 561 KCAL	1568 KJ/ 370 KCAL	2352 KJ/ 555 KCAL	1584 KJ/ 374 KCAL	2377 KJ/ 561 KCAL	28%
FAT OF WHICH	0,7 G	1,05 G	0,7 G	1,05 G	0,7 G	1,05 G	1,5%
- SATURATES	0,3 G	0,45 G	0,3 G	0,45 G	0,3 G	0,45 G	2,5%
CARBOHYDRATE OF WHICH	69 G	103,5 G	69 G	103,5 G	69 G	103,5 G	40%
- SUGARS	30 G	45 G	30 G	45 G	30 G	45 G	50%
FIBRE	2 G	3 G	2 G	3 G	2 G	3 G	
PROTEIN	20 G	30 G	19 G	28,5 G	20 G	30 G	60%
SALT	0,5 G	0,75 G	0,5 G	0,75 G	0,5 G	0,75 G	12,5%
*%: PERCENT DAIL	Y VALUES ARE BAS	SED ON A 2.000 CALO	RIE DIET.	,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,		,	

CARBOHYDRATE BLEND (GLUCOSE, MALTODEXTRIN, GLUCOSE SYRUP), PROTEIN BLEND K PROTEIN CONCENTRATE, WHEY PROTEIN CON-CENTRATE), SKIMMED COCOA POWDER, MEDIUM CHAIN TRIGLYCERIDES (VEGETABLE FATS- FROM PALM AND COCONUT OIL), L-GLUTA-MINE (AS FREE AMINO ACID FORM), EMULSIFIER (SODIUM CARBOXYMETHYL CELLULOSE), L-ISOLEUCINE, SWEETENERS; SUCRALOSE, COLOR FOR VANILLA

Made in EU. Formulated and Manufactured for Titanium Muscle







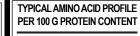


CRASH WEIGHT GAINER NET WT. 5 KG

MIX 2 SCOOPS (150G) WITH 400 ML OF YOUR BEVERAGE OF CHOICE, ON TRAINING DAYS TAKE ONE SERVING IMMEDIATELY AFTER YOUR WORKOUT.

STORE BOTTLE TIGHTLY CLOSED AT ROOM TEMPERATURE.

LOT/EXP.



### ESSENTIAL AMINO ACIDS

L- LEUCINE [BCAA]	11242 MG
L-ISOLEUCINE [BCAA]	5834 MG
L-VALINE [BCAA]	6470 MG
L-METHIONINE	1872 MG
L-LYSINE	7583 MG
L-TRYPTOPHAN	1597 MG
L-THREONINE	5351 MG
L-PHENYLALANINE	3346 MG

## NON-ESSENTIAL AMINO ACIDS

L-ASPARTIC ACID 7654 MG L-ALANINE 3517 MG 1389 MG L-GLUTAMINE 25281 MG & L-GLUTAMIC ACID

L-GLYCINE 25281 MG -HISTIDINE L-PROLINE -TYROSINE 2469 MG

4270 MG

(TARTRAZINE), COLOR FOR STRAWBERRY (PONCEAU 4R).