

SCITEC NUTRITION®

HIGH-PROTEIN MUSCLE GAINER

VOLU- MASS 35

**DOUBLE DUTCH
CHOCOLATE FLAVOR**

NET WT: 2950 G

FOOD SUPPLEMENT

DIRECTIONS: For one full serving mix 50 g with 250 ml water or skim milk. For best results drink within 30 minutes after your workout. Consume at least a total of 120 grams to per day if you wish to enjoy the full benefits of Creatine (3 g daily dose)! This is not a meal replacement product, use only as a food supplement.

Volumass 35 provides many nutrients for your muscles. Volumass 35 has been developed for those athletes that require more nutrients due of their larger muscle mass or higher level of activity. Volumass 35 contains per suggested serving more Creatine (2,5 g), more quality protein, and has a higher caloric value than our previous lower level products. In the process of accumulating muscle mass both protein and carbohydrates have importance to provide energy and building blocks for tissue growth. The 35% protein ratio of Volumass 35 approximates the macronutrient ratio of most sports nutrition regimens, and is probably optimal for the body types and metabolism of most athletes. Volumass 35 therefore can easily be an integrated part of the whole day's nutrient intake. The protein is derived from high-quality ultrafiltered whey protein concentrate and cross-flow microfiltered isolate both rich in protein microfractions. Dietary proteins are the source of nitrogen and indispensable amino acids, which the body requires for tissue growth and maintenance. Therefore, Volumass 35 contributes to the growth and maintenance of muscle mass.* Whey protein from milk is a so-called complete protein, because it provides the body with all necessary amino acids, including the 9 amino acids (i.e. Histidine, Isoleucine, Leucine, Lysine, Methionine, Phenylalanine, Threonine, Tryptophan, Valine) that are considered essential for life, because the body cannot synthesize them. Determination of the nutritional efficiency of protein in the diet is in most cases based on estimating the extent to which dietary protein nitrogen is absorbed and retained by the body and is able to balance daily nitrogen losses. Net Protein Utilisation (NPU) is the percentage of ingested nitrogen that is retained in the body, and the Biological Value (BV) gives the percentage of absorbed nitrogen that is retained. Biological Value is the product of NPU and digestibility. Whey protein has good digestibility and amino acid composition, thus it's Biological Value is great compared to other dietary protein sources like meat, fish, eggs or soy.

Volumass 35 has extra ingredients, Creatine and Taurine. At least a 3 g daily dose of Creatine is scientifically proven to increase performance in successive burst of short-term, high intensity exercise like weight training and interval cardio.* (A 120 g daily serving of Volumass 35 is needed to take in 3 g Creatine!)

* These statements has been scientifically proven and authorized by the European Food Safety Authority.

Caution: As with all exercise and nutritional programs, please consult your physician first. Keep out of the reach of children! Use this product as a food supplement only.

Best before end: see on packaging. **Batch number:** see on packaging.



Formulated by and manufactured for
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Supplement Facts

Serving Size: 50 g (approximately 1 scoop) Servings Per Container: 59

Amount Per Serving			
Calories	188	†	Calories from Fat 15 †
RDA%*		RDA%*	
Total Fat	1.5 g	†	Total Carbohydrate 22.5 g †
Saturated Fat	0.5 g	†	Sugars 2 g †
Cholesterol	5 mg	†	Dietary Fiber 0 g †
Sodium	50 mg	†	Protein 17.5 g †
Potassium	40 mg	2%	
Creatine Monohydrate	1250 mg	†	Taurine 250 mg †

* RDA%: Percent of the Recommended Daily Allowance.

† RDA not established in the EU.

Typical Amino Acid Profile Per 100 g

L-Alanine	2303 mg	L-Methionine*.....	811 mg
L-Arginine	1060 mg	L-Phenylalanine*.....	1447 mg
L-Aspartic Acid.....	4951 mg	L-Proline.....	2764 mg
L-Cysteine	1078 mg	L-Serine.....	2252 mg
L-Glutamine	8265 mg	L-Threonine*.....	3297 mg
Glycine.....	845 mg	L-Tryptophan*.....	1112 mg
L-Histidine	796 mg	L-Tyrosine.....	1358 mg
L-Isoleucine*.....	3041 mg	L-Valine*.....	2677 mg
L-Leucine*.....	4823 mg	Taurine	500 mg
L-Lysine*.....	4080 mg	* Essential Amino Acids	

INGREDIENTS: Whey protein blend containing lactoglobulin, lactoferrin, lactalbumin and immunoglobulin protein fractions (Ultrafiltered whey protein concentrates and whey protein isolate), maltodextrin, creatine monohydrate, dextrose, di-sodium hydrogen phosphate, taurine, magnesium hydrogen phosphate, potassium dihydrogen phosphate, cocoa powder 10-12%, natural and artificial flavor (bitter chocolate), aspartame*.

* PHENYLKETONURICS: Contains phenylalanine!

Allergen info: Manufactured in a facility that processes milk, soy and egg proteins, and gluten, peanuts!

Store in a cool, dry place. Heat and sunlight may damage the bottle!