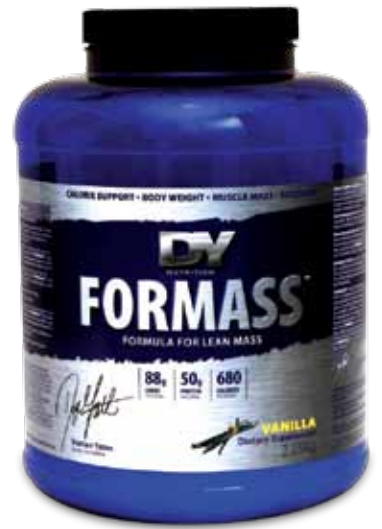




# FORMASS™

Is a scientifically advanced formula developed to deliver the anabolic fuel bodybuilders need to reach their maximum growth potential!



**F**ORMASS™ is a scientifically advanced formula developed to deliver the anabolic fuel bodybuilders need to reach their maximum growth potential. Six-time Mr. Olympia Dorian Yates and his team engineered this potent lean mass-building formula to provide bodybuilders with the essential proteins, carbohydrates, fats, and anabolic nutrients needed to maximize muscular size and strength gains. The anabolic calories are provided by an advanced combination of low-glycemic and branched-chain carbohydrates, medium-chain triglycerates (MCTs), digestive enzymes, fiber, and the TEMPRO™ blend of 7 different cold-pressed proteins, including 4 varieties of whey, egg white, micellar casein and glutamine-containing peptides.

## WHAT DOES FORMASS DO?

FORMASS was specifically formulated to help bodybuilders gain as much lean muscle mass as humanly possible, as quickly as possible. The advanced combination of ingredients found in FORMASS produces greater increases in fat-free mass, faster recovery, and improved performance.

## WHO SHOULD USE IT?

Bodybuilders seeking to increase their daily caloric intake while gaining lean body mass.

## IF PROTEIN IS THE BASIS FOR BUILDING LEAN MUSCLE MASS, THEN WHY THE NEED FOR CARBOHYDRATES AND FATS?

At the molecular level, muscle tissue is made of protein. When bodybuilders put themselves through intense workouts, they have to make sure they're getting protein, carbohydrates, essential fats, and the micronutrients needed to build muscle. Without the right nutrients in their diets, bodybuilders will slip into a catabolic state and start losing muscle! When the body is in this state, protein becomes liberated from muscle tissue and is used as a source of energy before it can get to the muscle to help rebuild it. The scientifically advanced formula found exclusively in FORMASS allows its matrix of nutrients to be used as its primary source of energy while leaving its blend of bioactive proteins to build lean muscle mass.





**BENEFITS OF FORMASS**

- **Increased lean body mass:** The superior blend of carbohydrates and proteins found in FORMASS has been shown to produce incredible gains in lean body mass when added to an intense training program.
- **Replenishment of muscle glycogen stores:** Low muscle glycogen stores delay recovery and impede muscle growth and strength. Consuming carbohydrates such as those in FORMASS has been shown to accelerate muscle glycogen replenishment and maximize cell volume after an intense workout.
- **Increased muscle protein synthesis rates:** Lean body weight cannot increase without an increase in protein synthesis. The carbohydrates and bioactive proteins in FORMASS have been shown to increase muscle protein synthesis rates by up to 49%.
- **Decreased muscle protein breakdown**
- **Increased muscle strength**
- **Increased recovery rate from training**

**Q: HOW DO I TAKE FORMASS?**

**A:** Simply add 2 scoops to cold water and mix to the desired consistency in a blender or shaker cup.

**Q: CAN I STACK FORMASS WITH OTHER SUPPLEMENTS?**

**A:** Absolutely! We recommend stacking FORMASS with NOXPUMP before an intense workout. The enhanced pumps from the NOXPUMP will help deliver the powerful anabolic formula in FORMASS to the hardworking muscles, giving bodybuilders the nutrients they need. For hard-gainers, we recommend also stacking TEMPRO for added protein intake.



**Q: WHAT MAKES FORMASS DIFFERENT FROM OTHER WEIGHT-GAIN SUPPLEMENTS?**

**A:** Most cheap weight gainers on the market are formulated to include simple sugars and fats, which provides users with useless, unhealthy calories that will make them fat. FORMASS has infused a matrix of multiple complex carbohydrate sources, including low-glycemic rice oligodextrin and hydrolysates of waxy maize (rich in branched-chain carbohydrates) and potato. This allows for a timed-release carbohydrate delivery, which maximizes muscle and liver glycogen formation. Its protein base consists of a cold-pressed, scientifically formulated blend of 7 proteins that differ in their speed of absorption. Included in this protein base is an abundance of micellar casein, which has been shown to produce long-lasting increases in plasma amino acid levels and greater protein synthesis.

**DorianYatesNutrition.com**

**FORMASS CHOCOLATE**

**Supplement Facts**

Serving Size: 2 Scoops (75 g)  
 Servings Per Container: 30

Amount Per Serving			
Calories 340		Calories from fat 63	
		<b>% Daily Value</b>	
Total Fat 7 g			5%
Saturated Fat 0.5 g			3%
Cholesterol 25 mg			8%
Sodium 390 mg			16%
Potassium 170 mg			5%
Total Carbohydrate 44 g			13%
Dietary Fiber 3 g			12%
Soluble Fiber 1 g			
Sugars 3 g			
Protein 25 g			
Vitamin A 0%	Vitamin C 0%	Iron 4%	Vitamin E 0%
Calcium 15%		Thiamin 0%	Niacin 0%
Vitamin D 0%		Folate 0%	Biotin 0%
Vitamin K 0%		Phosphorus 30%	Magnesium 2%
Riboflavin 10%		Selenium 2%	Manganese 0%
Vitamin B6 0%		Molybdenum 0%	
Vitamin B12 0%			
Pantothenic Acid 0%			
Iodine 0%			
Zinc 0%			
Copper 0%			
Chromium 15%			
Chloride 0%			

\* Percent Daily Values are based on a 2,000 calorie diet

**Ingredients:** TEMPRO™ Cold Temperature Processed & Diversified Protein Blend (Micellar casein, Instant Whey Protein Isolate, Instant Whey Protein Concentrate, Egg Albumin, Glutamine Peptides, Whey Protein Hydrolysate, Microparticulate Whey Protein Concentrate), FORMASS™ Complete Carbohydrate Blend [Corn Starch Hydrolysate (from Waxy Maize), Waxy Maize, Oat Fiber, Maltodextrin, Inulin], Dutch Process Cocoa (with alkali), Natural and Artificial Flavors, Xanthan Gum, Carrageenan, FORMASS™ Lipid Blend (non-GMO Lecithin, Medium Chain Triglycerides, Docosahexanoic acid (DHA, an omega-3 fatty acid), Acesulfame Potassium, Sucralose