

**QNT**

# WE BUILD CHAMPIONS



## WEIGHT GAIN FORMULA

3000 Muscle Mass is an essential product during a period of mass growth, as the protein it contains contributes to the growth of muscle mass. In addition to a rich concentration in whey protein, this formula contains all the essential amino acids, as well as an excellent complex of vitamins and high-quality carbohydrates, in addition to 5 g of BCAA's of natural source per serving.

➤ MUSCLE GROWTH AND DEVELOPMENT

➤ EXCELLENT AMINO ACIDS PROFILE AND HIGH QUALITY CARBS

➤ FLAVOURS: BANANA, CHOCOLATE, STRAWBERRY, VANILLA

➤ PACKAGING: 1,3 KG AND 4,5 KG

➤ USE: TAKE EACH DAY 1 TO 3 SCOOPS OF 50G WITH NO MORE THAN 450ML WATER OR WHOLE MILK IN ADDITION TO REGULAR MEALS.

This food supplement should not be used to replace a balanced and varied diet and a healthy way of life. Keep away from young children. Do not exceed the recommended dose.

### SUPPLEMENT FACTS

Serving Size: 50 g  
Servings per Container: 26 & 90  
Flavour: Vanilla

#### Typical Nutritional Values

	/150 g	/100 g
Energy	598 kcal (2521 kJ)	398 kcal (1681 kJ)
Fat	2,2 g	1,5 g
- Saturates	1,4 g	0,9 g
Carbohydrates	118,7 g	79,1 g
- Sugars	61,1 g	40,7 g
Protein	25,1 g	16,8 g
Salt	0,11 g	0,07 g
<b>Amino Acids</b>	<b>/150 g</b>	<b>/100 g</b>
L-Glutamic Acid	4470 mg	2980 mg
L-Prolin	1485 mg	990 mg
<b>L-Leucin (BCAA)</b>	<b>2610 mg</b>	<b>1740 mg</b>
L-Lysin	2280 mg	1520 mg
L-Aspartic Acid	2715 mg	1810 mg
<b>L-Valin (BCAA)</b>	<b>1275 mg</b>	<b>850 mg</b>
L-Tyrosin	735 mg	490 mg
L-Serin	1230 mg	820 mg
<b>L-Isoleucin (BCAA)</b>	<b>1485 mg</b>	<b>990 mg</b>
L-Phenylalanin	780 mg	520 mg
L-Threonin	1785 mg	1190 mg
L-Arginin	600 mg	400 mg
L-Methionin	525 mg	350 mg
L-Histidin	450 mg	300 mg
L-Alanin	1230 mg	820 mg
Glycin	420 mg	280 mg
L-Tryptophan	450 mg	300 mg
L-Cystein	585 mg	390 mg
<b>Vitamins</b>	<b>/150 g</b>	<b>/100 g</b>
Vit. B5	4,568 mg (76%*)	3,045 mg
Niacin	13,704 mg (86%*)	9,136 mg
Vit. B6	1,523 mg (109%*)	1,015 mg
Vit. B2	1,218 mg (87%*)	0,812 mg
Vit. B12	2,82 µg (113%*)	1,88 µg

\* Nutrient references values

**INGREDIENTS:** maltodextrine, dextrose, whey protein concentrate (contains milk), flavour, fructose, thickening agents E412/E466, vit. B3 (Nicotinamide), sweetener E951, vit. B5 (D-pantothenate, calcium), vit. B12 (Cyanocobalamin), vit. B6 (Pyridoxine hydrochloride), vit. B2 (Riboflavin). Contains a source of phenylalanine.

**ALLERGEN INFORMATION:** milk.