Product Description	MUSCLE MACHINE MASS STRAWBERRY CREAM 2250G
Ingredients List	Maltodextrin, Protein Blend (Whey Protein Concentrate (Milk), Milk Protein Concentrate, Whey Protein Isolate (Milk), Medium-Chain Triglyceride Powder (Palm Kernel Oil, RSPO Certified), Isomaltulose***, Waxy Maize Starch, Coconut Oil Powder, Tapioca Starch, Flavourings, Creamer (Refined Fractionated Palm Oil, Milk Protein), Colour: Beetroot Red; Glutamine Peptides (Wheat), Sweetener: Sucralose; Emulsifier: Soya Lecithin.
Allergen Statement	Made in a factory that also handles Nuts, Egg, Fish, Molluscs and Crustaceans. Suitable for Vegetarians. MILK, WHEY, WHEAT
Net Quantity	2250G
Storage Instructions	Store in a cool, dry place. Store out of the reach of children.
Instructions for Use	Mix 1 serving (4 level scoops) of Muscle Machine® Mass with 300ml - 400ml of cold water or milk; for those looking for maximum calories, mix with semi-skimmed or whole milk. Use between meals, after exercise and (or) before bed. Drink at least 8 - 10 glasses of water daily. FOR MAXIMUM RESULTS consume 2 shakes daily for a minimum of 6 weeks, 1 first in the morning and a second following training (training days) or before bed (non-training days). For those using Muscle Machine® Mass for the first time or monitoring calorie intake, serving size can be reduced to 1/2 serving (2 level scoops) for the first 7 days and gradually increased to a full serving as desired.
Origin/Provenance	UK
Nutrition Information	Nutrition 250g in 300mL water (250g in 300mL semi-skimmed milk) Energy (kj) 4186 (4776) Energy (kcal) 989 (1129) Fat 14g (18g) Of which saturates 9.8g (13g) Of which mono-unsaturates 2.3g (3.6g) Of which poly-unsaturates 1.3g (1.7g) Carbohydrate 165g (179g) Of which sugars 16g (31g) Fibre 0.2g (0.2g) Protein 52g (62g) Salt 0.29g (0.61g)
Nutrition Claims	High in protein
Health Claims	*Protein contributes to the growth and maintenance of muscle mass
Marketing Claims	

WARNINGS	WARNING: DO NOT exceed two servings (8 scoops/500g) per day. Not to be used by those under 18 years of age. This product is to be used in conjunction with a sensible diet and exercise programme for best results. Grenade® Muscle Machine® MASS is a food supplement but should not be used as a substitute for a healthy, balanced diet and lifestyle. This product is not intended to diagnose, cure or prevent disease. Store out of the reach of children. Store in a cool, dry place away from strong light and odours.