

ROCK MASS XXL

- > 49G ⁽¹⁾ - HIGH QUALITY PROTEIN PER SERVING
- > 2-CARBS-TYPES BASED ON MALTODEXTRIN & OATMEAL
- > 3G PUREST CREATINE MONOHYDRATE (Creapure®)
- > AMINO-ROCK MASS FORMULA WITH L-ARGININE HCL
- > VITAMIN C AND MAGNESIUM SUPPORT
- > DigeZyme® (MULTI-ENZYME COMPLEX)

CHOCOLATE ⁽¹⁾ VANILLA STRAWBERRY



ROCK MASS XXL



DESCRIPTION

ROCK MASS XXL is designed for the so-called “HARDGAINERS” or people with a very fast metabolism and who require a high-protein and complementary carbohydrate diet. The ingestion of the necessary amount of nutrients is a factor that not all people calculate in the appropriate way, being far away from what is advisable to obtain the desired results.

ROCK MASS XXL contains up to 49⁽¹⁾ grams of protein per serving •contributes to a growth in muscle mass. 2-CARBS TYPES are combined in a proportion of maltodextrins with a high glycemic index to facilitate immediate assimilation and combined with stabilized oatmeal.

It also contains our AMINO-ROCK MASS matrix which is a formula of amino acids (BCAA, L-Glutamine Kyowa Quality®) and L-Arginine HCL as a precursor to nitric oxide as a support for increased blood flow combined with the

highest quality creatine monohydrate (Creapure®) in a quantity of 3 grams that •increases physical performance in successive bursts of short-term, high intensity exercise such as explosive repetition exercises such as those performed with weights, functional training or sprints and intervals on the track and 50 mg of DigeZyme® which is a multicomplex of digestive enzymes.

We support with a formula of vitamin C that •contributes to normal energy-yielding metabolism and magnesium that •contributes to normal muscle function and normal protein synthesis as well as •contributes to the maintenance of normal bones.

• *These statements have been scientifically proven by the European Food Safety Authority (EFSA) and authorized by the European Commission (EC).*



ROCK MASS XXL

CHOCOLATE

VANILLA

STRAWBERRY



* NUTRITIONAL INFORMATION

** A portion: 200 g (4 scoops). Portions per container: 14

| | **200 g | %RI | 100 g | %RI |
|----------------------|-------------|--------|-------------|--------|
| Energy | 3182,65 Kj | 37,89% | 1591,33 Kj | 18,94% |
| | 761,40 Kcal | | 380,70 Kcal | |
| Fat | 6,24 g | 8,91% | 3,12 g | 4,46% |
| - Of which saturates | 2,50 g | 12,50% | 1,25 g | 6,25% |
| Carbohydrates | 125 g | 48,08% | 62,50 g | 24,04% |
| - Of which sugars | 3,28 g | 3,64% | 1,64 g | 1,82% |
| Proteins | 49,20 g | 98,40% | 24,60 g | 49,20% |
| Fibre | 4,22 g | - | 2,11 g | - |
| Salt | 0,76 g | 12,67% | 0,38 g | 6,33% |

MULTIVIT + MINERAL FORMULA

| | **200 g | %NRV | 100 g | %NRV |
|-----------|-----------|------|----------|------|
| Vitamin C | 80 mg | 100% | 40 mg | 50% |
| Magnesium | 187,50 mg | 50% | 93,75 mg | 25% |

%RI Reference intake of an average adult (8400 kJ/2000 kcal).

%NRV (Nutrient reference values).

* These nutritional values are average values. Between each flavor there are small differences.

AMINO-ROCK MASS FORMULA

| | | |
|----------------------------------|---------|---------|
| Creatine monohydrate (Creapure®) | **200 g | 3000 mg |
| - Of which creatine | | 2640 mg |
| L-Glutamine (Kyowa Quality®) | | 500 mg |
| L-Arginine HCL | | 500 mg |
| L-Leucine | | 250 mg |
| L-Isoleucine | | 125 mg |
| L-Valine | | 125 mg |
| DigeZyme® MultiEnzyme Complex | | 50 mg |



Creapure® is a registered trademark of AlzChem Trostberg GmbH.



DigeZyme® and the logo are registered trademarks of Sabinsa Europe.

INGREDIENTS

CHOCOLATE: Maltodextrin, **milk** protein [whey protein concentrate (from **milk**, emulsifier (**Soy** Lecithin)), stabilized whole grain **oatmeal** (**gluten**), cocoa powder, creatine monohydrate (Creapure®), flavor, L-glutamine (Kyowa Quality®), L-arginine hydrochloride, sodium chloride, L-leucine, magnesium carbonate, sweeteners (sucralose, acesulfame K), L-isoleucine, L-valine, L-ascorbic acid (Vitamin C), DigeZyme® multienzyme complex (maltodextrin, alpha-amylase, neutral protease, cellulase, lactase, lipase). **ALLERGEN INFORMATION:** May contain traces of **egg, fish, sulphur dioxide and sulphites, molluscs and crustaceans**.

VANILLA: Maltodextrin, **milk** protein [whey protein concentrate (from **milk**, emulsifier (**Soy** Lecithin)), stabilized whole grain **oatmeal** (**gluten**), flavors, creatine monohydrate (Creapure®), L-glutamine (Kyowa Quality®), L-arginine hydrochloride, sodium chloride, L-leucine, magnesium carbonate, sweeteners (sucralose, acesulfame K), L-isoleucine, L-valine, L-ascorbic acid (Vitamin C), DigeZyme® multienzyme complex (maltodextrin, alpha-amylase, neutral protease, cellulase, lactase, lipase). **ALLERGEN INFORMATION:** May contain traces of **egg, fish, sulphur dioxide and sulphites, molluscs and crustaceans**.

STRAWBERRY: Maltodextrin, **milk** protein [whey protein concentrate (from **milk**, emulsifier (**Soy** Lecithin)), stabilized whole grain **oatmeal** (**gluten**), flavors, creatine monohydrate (Creapure®), colour (beetroot red), L-glutamine (Kyowa Quality®), L-arginine hydrochloride, sodium chloride, L-leucine, magnesium carbonate, sweeteners (sucralose, acesulfame K), L-isoleucine, L-valine, L-ascorbic acid (Vitamin C), DigeZyme® multienzyme complex (maltodextrin, alpha-amylase, neutral protease, cellulase, lactase, lipase). **ALLERGEN INFORMATION:** May contain traces of **egg, fish, sulphur dioxide and sulphites, molluscs and crustaceans**.

WARNINGS: Store in a cool, dry place. Heat and sunlight may damage the bottle. It is important to maintain a varied and balanced diet and a healthy lifestyle. It should not be consumed by pregnant women or children under 12 years of age.

DIRECTIONS

Mix a portion (200 g = 4 scoops) in 500 ml of water or skimmed milk. Use a blender or hand held shaker for about 30 seconds. Take it daily preferably after physical exercise.

PRESENTATION

2800G. **FLAVORS:** Chocolate, Vanilla, Strawberry