

**MO' MASS**

This shake will help you gain muscle  
in all the right areas!

**PEANUT BUTTER**

**MILK**

**BANANA**

**'DAILY MASS'**  
BUILDER

**OATMEAL**

HIGH IN  
**FIBER**

PROMOTES  
**HEART HEALTH**



# “MO’ MASS”

6 OZ CHOICE OF MILK  
12 FREEZE DRIED BANANA PIECES  
1 SCP OATMEAL  
1 SCP NATURAL PEANUT BUTTER OR PB-LITE  
2 SCPS VANILLA/CHOCOLATE DAILY MASS  
12 OZ ICE

<b>Nutrition Facts</b>			
Serving Size 20 fl. oz. (591 ml)			
Servings Per Container			
<b>Amount Per Serving</b>			
<b>Calories 600</b>		<b>Calories from Fat 50</b>	
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<b>% Daily Value*</b>			
<b>Total Fat</b> 6g			<b>9%</b>
Saturated Fat 1.5g			<b>8%</b>
Trans Fat 0g			
<b>Cholesterol</b> 25mg			<b>8%</b>
<b>Sodium</b> 85mg			<b>4%</b>
<b>Total Carbohydrate</b> 106g			<b>35%</b>
Dietary Fiber 7g			<b>28%</b>
Sugars 47g			
<b>Protein</b> 37g			
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Vitamin A 20%		Vitamin C 25%	
Calcium 45%		Iron 15%	
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*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
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Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			