

TUFFTM

Supps

SPORT SUPPLEMENTS



MASS GAINER

EXTREME MASS AND LEAN MUSCLE GAINS

TUFF SUPPS MASS GAINER

A superior bulking blend delivering the best nutrition for you to get **bigger, stronger and recover quicker**.

Combining a multi-phase protein blend of Whey Protein Isolate (WPI) and Whey Protein Concentrate (WPC) with slow-release complex carbohydrates and the world's most proven **performance and strength-enhancing** supplement creatine monohydrate.

Protein is essential for **muscle development** and Tuff Supps Mass Gainer contains two rapidly absorbed protein sources, WPI and WPC. Whey Protein is chock full of Branch Chain Amino Acids (BCAA's) and Essential Amino Acids (EAAS) which have all been shown to assist with **muscle recovery** and protein synthesis.

Tuff Supps powerful mass-gaining formula is **designed for packing on size**, it provides your body with over 1500KJ per serving of **muscle packing nutrients** that will assist even the hardest gainers. The whey protein, carbohydrate and creatine complex is the perfect mix of **quality muscle-building amino acids** with calorie-dense carbs to assist you in reaching your goals and in **performance and recovery**. Tuff Supps Mass Gainer is ideal for athletes with a fast metabolism or for athletes that burn a lot of energy during intense training.

100% AUSTRALIAN SOURCED WHEY PROTEIN

COST EFFECTIVE BULKING

Get the macronutrients that your body needs in a convenient, delicious protein shake that's extremely **cost-effective** when you're trying to **bulk up**.

- Rich in branch chain amino acids (key for muscle repair and recovery)
- Prepared using the latest innovation in whey protein, passing through serial filtration, and utilising lower temperature technology
- Added creatine which is the most studied supplement proven to be effective at assisting recovery, lean muscle mass and strength.
- Big 339 calories per serving to provide a big dose of fuel for muscle gain
- Sourced from Australian pasture-fed cows and free from antibiotics & genetically engineered growth hormone (GMO-Free) and gluten-free.

ALL NATURAL FLAVOURS

We only use **natural flavours** to deliver great taste with the **maximum key ingredients per serve**. Our natural flavours are sourced from leading suppliers globally and certified organic stevia as our predominant sweetener.

100% WHEY BASED MASS GAINER

WHEY PROTEIN ISOLATE (WPI)

WPI is the **purest**, most **expensive form of whey protein** available. Tuff Supps native WPI is 99.9% lactose and sugar-free, GMO-Free, sourced from Australian dairy cows using an innovative serial filtering process and then spray-dried. This process preserves the delicate 'native' protein structure of the whey resulting in a **premium quality** product.

WHEY PROTEIN CONCENTRATE (WPC)

WPC has a great all-round protein content whilst providing a creamier and smoother taste. WPC has a **slower digestion** time than pure whey isolate and provides a great balance between the two whilst still providing a great purity and protein hit.

MALTODEXTRIN

A carbohydrate which provides the most readily available source of **energy** for your body during **intense training or competition**. During and Post workout it is vital your body has sufficient carbohydrates to assist in maintaining glycogen levels and ensuring your body is prepped for peak protein absorption for **maximum muscle growth**.

CREATINE

Creatine is the most researched sports supplement on the market. Popular among athletes, research has proven that creatine is an effective supplement for building lean **muscle mass**, increasing **strength** and improving **recovery**.

NUTRITIONAL INFORMATION

| | PER 65g SERVE | PER 100g |
|----------------------------|-------------------|-------------------|
| ENERGY | 1425 kj (339 cal) | 2192 kj (522 cal) |
| PROTEIN | 32.4g | 49.9g |
| TOTAL FAT | 3.3g | 5.2g |
| - SATURATED FAT | 1.7g | 2.7g |
| CARBOHYDRATES | 26.7g | 41.0g |
| - SUGARS | 5.3g | 8.3g |
| CREATINE MONHYDRATE | 3.0g | 4.7g |

VANILLA

CHOCOLATE

VANILLA

CHOCOLATE

VANILLA

CHOCOLATE