

MO' MASS

Choice of Liquid, Peanut Butter, Oatmeal & Banana
with Vanilla or Chocolate 'Daily Mass' Builder



PEANUT BUTTER

BANANA

HIGH IN
FIBER

'DAILY MASS'
BUILDER

OATMEAL

BENEFITS
DIGESTION



“MO’ MASS”

6 OZ	CHOICE OF LIQUID
12	FREEZE DRIED BANANA PIECES (OR 6" FRESH BANANA)
1 SCP	PEANUT BUTTER OR PB-LITE
1 SCP	ROLLED OATS
2 SCPS	VANILLA OR CHOCOLATE DAILY MASS BUILDER
12 OZ	ICE

Nutrition Facts	
servings per container	
Serving size	20 fl. oz. (591 ml) (459g)
Amount per serving	
Calories	540
% Daily Value*	
Total Fat 7g	9%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 190mg	8%
Total Carbohydrate 92g	33%
Dietary Fiber 6g	21%
Total Sugars 28g	
Includes 0g Added Sugars	0%
Protein 31g	
Vitamin D 2mcg	10%
Calcium 428mg	35%
Iron 1mg	6%
Potassium 657mg	15%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	