**ADVANCED MUSCLE GAINER**Introducing ALLMAX SPORT ALLMASS Advanced Muscle Builder. Our Advanced Muscle Builder mixes instantly in ice-cold water or milk and tastes like a thick frothy milkshake. Get a massive 2000 calories and 80 grams of protein in every 5 scoops‡.• Post Workout Gainer • Amazing Milkshake Taste• 2000 Muscle Building Calories‡ ALLMASS Advanced Muscle Builder helps prevent post-training muscle breakdown putting your body in an anabolic state (increasing muscle synthesis). Take ALLMAX SPORT ALLMASS immediately following your workout. On days that you do not workout, take upon waking.ALLMAX SPORT ALLMASS is available in a 5 lb or 12 lb size in two delicious flavors, Chocolate and Vanilla.‡5 Scoops + 2 cups Skim Milk