



**MUSCLE MACHINE**

A COMPLETE HEALTH SOLUTION COMPANY

**GOLD SERIES**

**PRODUCT  
CATALOGUE**

**“YOU ARE THE CREATOR OF YOUR OWN BODY”**

# 100% WHEY PROTEIN



## NUTRITIONAL FACTS

Serving Size:- 1 scoop (About 30 gm)

Calories 120	Calories from fat 10
Amount Per Serving	%Daily Value*
Total fat 1g	2%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 30mg	1%
Total Carbohydrates 2g	1%
Dietary Fiber 0g	0%
Sugars 1g	
Protein 24g	50%
L-Arginine 1g	
Vitamin A 2%	• Vitamin C 0%
Calcium 20%	• Iron 2%
• Percent daily values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Calories: 2000	2500
Total Fat	Less than: 65g 80g
Sat Fat	Less than: 20g 25g
Cholesterol	Less than: 300mg 300mg
Sodium	Less than: 2400mg 2400mg
Total Carbohydrate	300mg 375mg
Dietary Fiber	25g 30g
Protein	50g 65g

2 LBS  
**2899/-**

5.28 LBS  
**5999/-**

## RAW WHEY

### NUTRITIONAL FACTS

Serving Size 1 Scoop (30g)  
Serving Per Container: 33

#### Amount Per Serving

Calories	120	% Daily Value
Protein	24g	40%
Total Fat	1.5g	
Saturated Fat	0.5g	
Trans Fat	0.02g	
Total Carbohydrate	2.5g	
of Which Sugar	0g	

\*Percent Daily Values are based on recommended daily allowance as per serving size according to the Indian Council of Medical Research Guidelines 2010

INGREDIENTS : WHEY PROTEIN CONCENTRATE (84%)  
CONTAINS NO PRESERVATIVES & NO FLAVORING SUBSTANCES  
ALLERGENS: CONTAINS MILK

DIRECTIONS TO USE: MIX 1 LEVEL SCOOP OF MUSCLE MACHINE PURE & NATURAL RAW WHEY WITH 150 ML OF WATER FOR EXTRA CALORIES, HAVE RAW WHEY WITH MILK.

Amino Acid Profile	
Amount Per Serving	
Isoleucine*^	1491mg
Leucine*^	2982mg
Valine*^	1395mg
Alanine	1098mg
Arginine	582mg
Aspartic Acid	3063mg
Cystine	183mg
Glutamic Acid	4677mg
Glycine	495mg
Histidine*	444mg
Hydroxyproline	258mg
Lysine*	2310mg
Methionine*	627mg
Rhynylananine*	816mg
Proline	1863mg
Serine	1419mg
Threonine*	2127mg
Tryptophan*	462mg
Tyrosine	798mg
*Essential Amino Acids	
^BCAAs	

2.2 LBS  
**1999/-**



# RAW ISOLATE WHEY



## NUTRITIONAL FACTS

Serving Size 1 Scoop (30g)	
Amount Per Serving	
Calories	116
	% Daily Value
Protein	27g 45%
Total Fat	1.0g
Saturated Fat	0.3g
Trans Fat	0.02g
Total Carbohydrate	0g
of Which Sugar	0g

\*Percent Daily Values are based on recommended daily allowance as per serving size according to the Indian Council of Medical Research guidelines 2010

INGREDIENTS : ALL NATURAL WHEY PROTEIN ISOLATE (92%)

CONTAINS NO PRESERVATIVES & NO FLAVORING SUBSTANCES

ALLERGENS: CONTAINS MILK

DIRECTIONS TO USE: MIX 1 LEVEL SCOOP OF MUSCLE MACHINE PURE & NATURAL RAW ISOLATE WHEY WITH 150 ML OF WATER FOR EXTRA CALORIES HAVE PURE & NATURAL RAW ISOLATE WHEY WITH MILK.

Amino Acid Profile
Amount Per Serving
Isoleucine* 1491mg
Leucine* 2982mg
Valine* 1395mg
Alanine 1098mg
Arginine 582mg
Aspartic Acid 3063mg
Cysteine 183mg
Glutamic Acid 4677mg
Glycine 495mg
Histidine 444mg
Hydroxyproline 258mg
Lysine 2310mg
Methionine 627mg
Rheneylalanine 816mg
Proline 1863mg
Serine 1419mg
Threonine 2127mg
Tryptophan 462mg
Tyrosine 798mg
*Essential Amino Acids
~BCAAs

2.2 LBS  
2499/-

## LEAN GAIN

### NUTRITIONAL FACTS

Serving Size	
1 Level Scoop (100g approx.)	
Serving Per Container: 10	
Amount Per Serving	0% Daily Value*
Calories	376
Total fat	3g
Saturated Fat	0.9g
Trans Fat	<0.1g
Cholesterol	<0.1g
Total Carbohydrate	48g
Of Which Sugars	8g
Protein	40g
Creatine Monohydrate	2.5g
Glutamine	2.5g
L-Arginine	2.5g
Calcium	110mg
Serving Size	
1 Level Scoop (200g approx.)	
Serving Per Container: 5	
Amount Per Serving	(Approx.)
Calories	752
Total fat	6g
Saturated Fat	1.8g
Trans Fat	<0.2g
Cholesterol	<0.2g
Total Carbohydrate	96g
Of Which Sugars	16g
Protein	80g
Creatine Monohydrate	5g
Glutamine	5g
L-Arginine	5g
Calcium	220mg

2.2 LBS  
1799/-

6 LBS  
4199/-



## MASS GAINER XXL

### NUTRITIONAL FACTS

Serving Size	
1 Level Scoop (100g)	
Serving Per Container: 27	
Amount Per Serving	(Approx.)
Calories	408
Protein	30g
Total Carbohydrates	60g
Of Which Sugar	15g
Trans fat	6g
Saturated	1.8g
Trans fat	<0.1g
Cholesterol	<0.1g
Creatine Monohydrate	2.5g
Calcium	110mg
Serving Size	
1 Level Scoop (200g)	
Serving Per Container: 13	
Amount Per Serving	(Approx.)
Calories	816
Protein	60g
Total Carbohydrates	120g
Of Which Sugar	30g
Total Fat	12g
Saturated fat	3.6g
Trans fat	<0.2g
Cholesterol	<0.2g
Creatine Monohydrate	5g
Calcium	220mg



2.2 LBS  
1399/-

6 LBS  
3499/-



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GOLD SERIES



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