

+ **100% GRASSFED TRUE WHEY PROTEIN**

+ **CLEAN CALORIES**

+ **MICRONIZED CREATINE**

+ **NUTRIENT DENSE**

**THE ONE | THE ONLY | THE ORIGINAL**

With post-workout nutrition, timing is everything. If you want major strength and mass gains, you need to take advantage of the slim but valuable window of opportunity immediately after workouts. Titan Live Large is a powerful, highly concentrated, fast acting weight gainer for use after demanding workouts. Because your muscles grow while you are recovering from workouts, and not during the workout, you need to feed them with a recovery supplement specifically designed to support muscular mass production. With Live Large that is exactly what you get!

**NO SOY PROTEIN**

Live Large contains no soy protein. As a result, no related digestive problems can occur. Furthermore, no enzymes to overcome the potential digestive issues posed by soy have been added. They simply aren't necessary. This means that all the protein contained in your serving will reach your muscles and transform your physique.

**Caution:** Consult with a qualified healthcare professional prior to using this product, especially if you are pregnant, nursing, have diagnosed medical conditions, or are taking prescription medications. Do not use if seal is damaged or missing. Use only as directed. Keep out of reach of children. Not intended for persons under 18 years of age. Do not exceed recommended serving.



**CONTAINS NO BANNED SUBSTANCES**

All ingredients conform to the WADA/IOC Anti-Doping Codes.

**ALLERGEN STATEMENT**

Contains Gluten, Wheat, Dairy.

\*This product has not been evaluated by SAHPRA for its quality, safety or intended use.



MANUFACTURED BY:  
TITAN NUTRITION SOUTH AFRICA  
THE ONE THE ONLY THE ORIGINAL  
www.titanworld.co.za

**MONSTER CHOCOLATE**

**LIVE LARGE**



**HIGH PROTEIN**

**CARB BLEND**

**CREATINE LOADED**

**ZERO SOY**

**4KG**

**DIETARY SUPPLEMENT**

**DIRECTIONS**

As a dietary supplement mix 3 level scoops (150g) with 350-400ml cold water, milk or non-dairy milk. Tip: Replace the water with low-fat or whole milk to boost the calories and protein content. For greater mass potential, try blending in high-energy ingredients like peanut/nut butter, MCT or olive oil, and/or banana and coconut pieces.

**TYPICAL NUTRITIONAL INFORMATION**

Serving size: 3 level scoops (±150g)

	PER 100g	PER 150g	%NRV
ENERGY	1495kj	2242kj	26%
PROTEIN	20g	30g	53%
CARBOHYDRATES OF WHICH TOTAL SUGAR (Lactose / Maltodextrin)	66g 4.8g	99g 7.2g	
TOTAL FAT OF WHICH SATURATED	1.5g 365mg	2.3g 458mg	
DIETARY FIBRE	0.94g	1.4g	
SODIUM	340mg	510mg	
POTASSIUM	390mg	585mg	
CREATINE MONOHYDRATE (Micronized)	3.3g	5g	
BCAA'S	5.2g	7.8g	
GLUTAMINE	4g	6g	

%Nutrient Reference Values (NRV) for individuals 4 years and older.

\*The ingredients we use are tested and follow GMP guidelines.

**INGREDIENTS**

Titan Native Grass Fed Whey Protein Concentrate, Maltodextrin, Waxy Maize Starch, Micronized Creatine Monohydrate, Cocoa Powder In Monster Chocolate Only, Natural & Nature Identical Flavour, Himalayan Pink Salt, Non Nutritive Sweetener (Sucralose), Guar Gum, Non GMO Sunflower Lecithin.



The Titan Nutrition philosophy is to make sure that every person using its advanced products enjoys an unbeatable advantage in both nutritive value and taste. Guaranteeing that this happens is Titan's unique Cold Fold Technology: a dry-blending process that maintains all ingredients at a consistent low temperature. As a result, the proteins and other components remain completely undenatured, unaltered and 100% bioavailable. This marks a radical departure from traditional processes, making for a product of superior nutritional and flavour quality.

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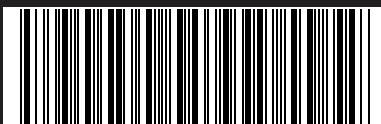
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**VANILLA GORILLA**

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