



HIGH PROTEIN & CARB GAINER BLEND

DIETARY SUPPLEMENT

30 SERVINGS
BANNED SUBSTANCE TESTED + GLUTEN FREE

NET WT 10 LB (4.5 kg)

SOLD BY WEIGHT NOT VOLUME

VANILLA MILKSHAKE
naturally and artificially flavored



Informed-Choice® is a quality assurance program that certifies that all nutritional supplements and/or ingredients that bear the Informed-Choice logo have been tested for banned substances by the world class sports anti-doping lab, LGC.

**AMOUNTS
PER
SERVING**

**PROTEIN
55 g**

CALORIES
580



**GLUTAMINE &
GLUTAMIC ACID**
10 g

VITAMINS & MINERALS

[illegible]

OTHER INGREDIENTS: PROTEIN BLEND (WHEY PROTEIN CONCENTRATE, MILK PROTEIN ISOLATE, WHEY PROTEIN ISOLATE, MICELLAR CASEIN, MALTODEXTRIN, SUNFLOWER CREAMER (SUNFLOWER OIL, MALTODEXTRIN, MICELLAR CASEIN, SOY LECITHIN, SODIUM CITRATE, TRI-CALCIUM PHOSPHATE), POLYDIOXIDE, NATURAL AND ARTIFICIAL FLAVORS, SOLUBLE CORN FIBER, SOY LECITHIN, POTASSIUM CHLORIDE, GUM BLEND (CELLULOSE GUM, XANTHAN GUM, CARRAGEENAN), SALT, SUCRALOSE, MEDIUM CHAIN TRIGLYCERIDES (MCT), ACESULFAME, POTASSIUM, STEVIA, GLYCOSIDES (STEVIA).

CONTAINS: MILK & SUGAR

Manufactured and distributed by:
Dymatize Enterprises, LLC
Dallas, TX 75207 USA
(888) 334-5326
DYMATIZE.COM

WARNING: CONSULT WITH A PHYSICIAN PRIOR TO USE IF YOU HAVE ANY MEDICAL CONDITIONS. DO NOT USE IF PREGNANT OR LACTATING. USE ONLY AS DIRECTED.

**KEEP OUT OF REACH OF CHILDREN.
STORE IN COOL, DRY PLACE.**



**PRODUCED IN THE USA
WITH DOMESTIC AND
INTERNATIONAL INGREDIENTS**



Dymatize
PERFECTING ATHLETIC NUTRITION



05016 33842

**TOTAL MACROS
& AMINO ACID
INFORMATION PER SERVING**



580
CALORIES

FAT
8g

Are calories essential to gaining muscle?
Yes! Especially for those with high metabolisms or who find it difficult to eat enough quality calories throughout the day. Calories are essential to gaining and sustaining muscle mass because they help prevent your hard-earned muscle gains from being used as fuel during periods of heavy training.

CARBS
30g

PROTEIN
55g

55g PROTEIN
Advanced Protein Blend.
Muscles are composed of

and it should go without saying that consuming quality protein throughout the day is an important component to achieving your muscle mass goals. Elite Mass contains a blend of high-quality slow and fast-digesting proteins to feed your muscles quickly.

2:1 RATIO
BCAAs²
11.7 g

11.7 g BCAAs
INCLUDING
LEUCINE

LEUCINE
5.6 g

ELITE MASS: HIGH-PROTEIN, LEAN MUSCLE GAINS.

Dymatize Elite Mass[®] is an ultimate gainer formula designed to help you pack on maximum lean mass while aiding in recovery from intense workouts.¹ This cutting edge formula has 580 calories from a combination of key nutrients: 55g of protein, quality lipids, complex carbohydrates, creatine monohydrate, BCAAs (branched chain amino acids), and a comprehensive vitamin and mineral blend. It is intense nutrition to help you get the most out of strenuous workouts.

Elite Mass is a premium protein blend of cross-flow, micro-filtered, cold-processed whey protein concentrate, milk protein isolate, whey protein isolate and micellar casein. This is a complete gainer formula with a unique lipid blend that includes medium chain triglycerides (MCTs), creatine monohydrate and 72g of high-quality carbohydrates, all of which complements the mass-gaining benefits that can be gained from an intense training program. At 580 calories and 17 vitamins and minerals, Elite Mass is the workout partner you need to reach your gaining goals.

Available in delicious flavors,
Elite Mass complements strenuous
resistance training programs.

All Amino Acids are naturally occurring in protein. Amounts are based on one serving. Full Amino Acid Profile can be found at: Dymatize.com/EliteMass



RESEARCH AND DEVELOPMENT

Dymatize® protein formulas are based on the latest science and put to the test in university studies and at elite professional training facilities. Dymatize protein powders are always manufactured in GMP and Sport Certified facilities, meaning that all ingredients and final products are rigorously tested and validated clean and safe. They are banned substance tested for athlete's reassurance by Informed-Choice® (www.informed-choice.org)

Known worldwide for quality, taste and purity, Elite Mass is made from high-quality ingredients and is produced to our highest quality standards.

DIRECTIONS: As a dietary supplement, add 3 scoops (included) of Dymatize Elite Mass to 16 fl. oz. (470 mL) cold water or milk. Mix thoroughly. Use daily or as needed.

Note: Elite Mass is a muscle mass gainer formula. You may want to consider starting with half servings.

* This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

VANILLA MILKSHAKE
naturally and artificially flavored



PERFECTING ATHLETIC NUTRITION™

GET  DYMATIZED™