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	CALORIES	CARBS	FAT	SUGAR	BCAAs	LEUCINE
	52g	1280	242g	10g	22g	10.9g	5.2g

SUPER MASS GAINER IS FORMULATED FOR ONE THING: MASSIVE GAINS.

TAKE THE GUESSWORK OUT OF CALORIE INTAKE.

Gaining muscle mass and size can be very challenging, especially when you have a fast metabolism or find it difficult to consume enough calories and protein during the day. Super Mass Gainer is a high-quality mass and size gainer that is loaded with enough protein, BCAAs, calories, and other nutrients to help even the hardest gainers pack on mass and size. Unlike many other mass gainers out there, Super Mass Gainer also tastes delicious and has amazing mixability!

Super Mass Gainer is a powerhouse combination of 10.9 grams of BCAAs with 5.2 grams of Leucine and 1 gram of Creatine Monohydrate. Super Mass Gainer also has a blend of vitamins and minerals to aid in balanced nutrition.

Available in a variety of delicious flavors, Super Mass Gainer is the perfect support for the most intense resistance training goals.

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 substances tested for athlete's reassurance by Informed-Choice® (www.informed-choice.org).

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

GET DYMATIZED™

CALORIES	PROTEIN	BCAAs	LEUCINE
1280	52g	10.9g	5.2g

SUPER MASS GAINER™

Dymatize®

HIGH PROTEIN & CARB BLEND

DIETARY SUPPLEMENT

8 SERVINGS
BANNED SUBSTANCE TESTED • GLUTEN FREE

RICH CHOCOLATE
naturally and artificially flavored

NET WT 6 LB (2.7 kg)

SOLD BY WEIGHT NOT VOLUME

Dymatize
PERFECTING ATHLETIC NUTRITION™

Supplement Facts

Serving Size: 2½ Cups (336 g)
Servings Per Container: About 8

	With 2 fluid cups Water		With 2 fluid cups Whole Milk	
	Amount Per Serving	% Daily Value*	Amount Per Serving	% Daily Value*
Calories	1280		1870	
Calories from Fat	90		360	
Total Fat	10 g	15%†	42 g	65%†
Saturated Fat	3 g	15%†	21 g	105%†
Cholesterol	135 mg	45%	255 mg	78%
Total Carbohydrate	242 g	81%†	289 g	96%†
Dietary Fiber	4 g	16%†	4 g	16%†
Sugars	22 g	**	72 g	**
Protein	52 g	104%†	83 g	166%†
Vitamin A	3200 IU	64%	4790 IU	94%
Vitamin C	52 mg	87%	52 mg	87%
Vitamin E	21 IU	70%	21 IU	70%
Thiamin	0.6 mg	40%	1 mg	67%
Riboflavin	0.3 mg	18%	1.7 mg	100%
Niacin	15 mg	75%	15 mg	75%
Vitamin B6	1.5 mg	75%	1.8 mg	90%
Folate	340 mcg	85%	380 mcg	95%
Vitamin B12	1.8 mcg	30%	5.3 mcg	87%
Pantothenic Acid	6 mg	60%	11 mg	110%
Calcium	1100 mg	110%	2100 mg	210%
Iron	4.5 mg	25%	4.8 mg	27%
Phosphorus	1750 mg	175%	1440 mg	144%
Iodine	150 mcg	100%	150 mcg	100%
Magnesium	130 mg	33%	265 mg	67%
Sodium	580 mg	24%	1000 mg	42%
Potassium	1100 mg	31%	2500 mg	86%
Creatine Monohydrate	1 g	**		

* Percent Daily Values are based on a 2,000 calorie diet.
** Daily Value not established.

OTHER INGREDIENTS: MALTODEXTRIN, PROTEIN BLEND (WHEY ISOLATE, WHEY CONCENTRATE, MILK PROTEIN ISOLATE, WHEY PROTEIN ISOLATE, WHEY PROTEIN HYDROLYSATE, MICELLAR CASEIN), SUNFLOWER CREAMER (SUNFLOWER OIL, MALTODEXTRIN, SODIUM CASEINATE, MONO & DIGLYCERIDES, NATURAL TOCOPHEROLS, AND TRICALCIUM PHOSPHATE), COCOA POWDER (PROCESSED WITH ALKALI), FRUCTOSE, NATURAL AND ARTIFICIAL FLAVORS, VITAMIN & MINERAL BLEND (TRICALCIUM PHOSPHATE (CALCIUM), SODIUM ASCORBATE (VITAMIN C), D-ALPHA TOCOPHERYL ACETATE (VITAMIN E), NIACINAMIDE (VITAMIN B3), RETINYL PALMITATE (VITAMIN A), CALCIUM D-PANTOTHENATE (VITAMIN B5), POTASSIUM IODIDE (IODINE), FOLIC ACID (VITAMIN B9), MALTODEXTRIN, PYRIDOXINE HYDROCHLORIDE (VITAMIN B6), THIAMINE HYDROCHLORIDE (VITAMIN B1), RIBOFLAVIN (VITAMIN B2), CYANOCOBALAMIN (VITAMIN B12)), CREATINE, GUAR GUM, XANTHAN GUM, CARRAGEENAN, POTASSIUM CITRATE, SALT, SOY LECITHIN, ACESULFAME POTASSIUM, SUCRALOSE, SUNFLOWER LECITHIN.

CONTAINS: MILK & SOY

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

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.

DIRECTIONS: Add 2 ½ cups of Super Mass Gainer to 24 oz. of water or 32 oz. of whole milk. Blend for 30-45 seconds. Add ice cubes, fruit or other ingredients as desired and blend for an additional 30-45 seconds.
Note: Using milk will provide a thicker, creamier, higher-calorie shake.
Shaker-cup friendly when using 1/2 serving or less. Shake for 30-45 seconds to allow for proper mixing.

TOTAL MACROS & AMINO ACID INFORMATION PER SERVING

CALORIES 1280

FAT 10 g

CARBS 242 g

PROTEIN 52 g

2:1:1 RATIO BCAAs 10.9 g

LEUCINE 5.2 g

1280 CALORIES
Are calories essential to gaining muscle?
Yes! Especially for those with high metabolisms who find it difficult to eat enough quality calories throughout the day. Calories are essential to gaining and sustaining muscle mass because they prevent your body from breaking down muscle tissue from being used as fuel during periods of heavy training.

52 g PROTEIN
Advanced Protein Blend.
Muscles are comprised of protein, and it should go without saying that consuming quality protein throughout the day is an important component to achieving your muscle mass goals. Super Mass Gainer contains a blend of high-quality slow and fast-digesting proteins to feed your muscles quickly.

10.9 g BCAAs INCLUDING LEUCINE
Why Leucine?
Leucine is the BCAA that is important to Muscle Protein Synthesis.

MADE IN THE USA FROM DOMESTIC AND INTERNATIONAL INGREDIENTS

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