

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



AMOUNTS PER SERVING: PROTEIN 52g, CALORIES 1270, CARBS 244g, FAT 9g, SUGAR 23g, BCAAs 10.9g, LEUCINE 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 substance tested for athlete's reassurance by Inform-Choice® (www.inform-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™



NET WT 6 LB (2.7 kg)

SOLD BY WEIGHT NOT VOLUME

CALORIES 1270, PROTEIN 52g, BCAAs 10.9g, LEUCINE 5.2g

SUPER MASS GAINER™

HIGH PROTEIN & CARB BLEND DIETARY SUPPLEMENT

8 SERVINGS
BANNED SUBSTANCE TESTED • GLUTEN FREE

STRAWBERRY
naturally and artificially flavored

Notice: Use this product as a food supplement only. Do not use for weight reduction.



Supplement Facts

Serving Size: 211 G (331 g)
Servings Per Container: About 8

	Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
			With 20% More Water	
			With 20% More Milk	
Calories	1270		1860	
Calories from Fat	90		370	
Total Fat	9 g	14%	41 g	63%
Saturated Fat	2 g	10%	20 g	100%
Cholesterol	140 mg	42%	240 mg	60%
Total Carbohydrate	244 g	81%	291 g	91%
Dietary Fiber	<1 g	2%	<1 g	2%
Sugars	23 g	**	73 g	**
Protein	52 g	104%	83 g	166%
Vitamin A	2000 IU	84%	4000 IU	344%
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	0.2 mg	12%	1.7 mg	100%
Niacin	13 mg	75%	13 mg	75%
Vitamin B6	1.5 mg	75%	1.3 mg	66%
Folate	340 mcg	85%	380 mcg	95%
Vitamin B12	1.6 mcg	30%	5.8 mcg	80%
Pantothenic Acid	8 mg	80%	11 mg	110%
Calcium	1000 mg	110%	2100 mg	210%
Iron	0.6 mg	3%	0.9 mg	3%
Phosphorus	700 mg	70%	1466 mg	142%
Iodine	150 mcg	100%	150 mcg	100%
Magnesium	75 mg	39%	165 mg	41%
Sodium	450 mg	19%	880 mg	37%
Potassium	680 mg	20%	1960 mg	56%
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 PROTEIN CONCENTRATE, MILK PROTEIN ISOLATE, WHEY PROTEIN ISOLATE, WHEY PROTEIN HYDROLYSATE, MICELLAR CASEIN), SUNFLOWER CREAMER, SUNFLOWER OIL, MALTODEXTRIN, SODIUM CASEINATE, MONO & DILYSOLES, NATURAL FLAVORS, AND TRICALCIUM PHOSPHATE, FRUCTOSE, NATURAL AND ARTIFICIAL FLAVORS, VITAMIN & MINERAL BLEND (TRICALCIUM PHOSPHATE, CALCIUM, SODIUM ASCORBATE, VITAMIN C, D-ALPHA-TOCOPHEROL, ACETATE, VITAMIN E, INOSITOL, VITAMIN B1, RETINOL, PALMITATE, VITAMIN A, CALCIUM-D-PANTOTHENATE, VITAMIN B6, POTASSIUM IODIDE, IODINE, POLYACID, VITAMIN B12, MALTODEXTRIN, PHOSPHORUS, HYDROCHLORIDE, VITAMIN B1, THIAMINE, HYDROCHLORIDE, VITAMIN B1, RIBOFLAVIN, VITAMIN B12, CYANOCOBALAMIN, VITAMIN B12), GUM BLEND (CELLULOSE, GUM, XANTHAN GUM, CARPAGGUM, POTASSIUM CHLORIDE, SODIUM LACTATE, CITRIC ACID, ACESULFAME, POTASSIUM, SUCRALOSE, FODAC, RED 40, SUNFLOWER LECITHIN).

CONTAINS: MILK & SOY

Manufactured for and distributed by:
Dymatize Enterprises, LLC
Dallas, TX 75207 USA
(888) 334-5328

DIRECTIONS: Add 2 1/2 cups of Super Mass Gainer to 24-32 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.

Notes: 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 ACIDS INFORMATION PER SERVING

CALORIES 1270	1270 CALORIES
FAT 9g	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 prevent your hard-earned muscle gains from being used as fuel during periods of heavy training.
CARBS 244g	52 g PROTEIN
PROTEIN 52g	Advanced Protein Blend. Muscles are composed 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.
2:1:1 RATIO BCAAs 10.9g	10.9 g BCAAs INCLUDING LEUCINE
LEUCINE 5.2g	Why Leucine? Leucine is the BCAA that is most important to Muscle Protein Synthesis.

STAY 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.

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