Dymatize®

NET WT 12 LB (5.4 kg)

SOLD BY WEIGHT NOT VOLUME

CALORIES	PROTEIN	BCAAs	LEUCINE
1260	52g	10.9g	5.2g

SUPER MASS GAINER™

HIGH PROTEIN + CARB BLEND

DIETARY SUPPLEMENT

16 SERVINGS
BANNED SUBSTANCE TESTED + GLUTEN FREE

SUGAR COOKIE
naturally and artificially flavored

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

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INFORMED-CHOICE .ORG Trusted by sport

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	1260	243g	10g	23g	10.9g	5.2g

Supplement Facts

Serving Size: 2½ Cups (330 g) Servings Per Container: About 16

	With 24oz Water		With 32oz Whole Milk	
	Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Calories	1260		1890	
Calories from Fat	90		390	
Total Fat	10 g	15%*	44 g	68%*
Saturated Fat	2.5 g	13%*	21 g	105%*
Cholesterol	140 mg	47%	240 mg	80%
Total Carbohydrate	243 g	81%*	289 g	96%*
Dietary Fiber	1 g	4%*	1 g	4%*
Sugars	23 g	**	70 g	**
Protein	52 g	104%*	84 g	168%*
Vitamin A	3200 IU	64%	4700 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	0.2 mg	12%	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%	5.8 mcg	97%
Pantothenic Acid	8 mg	80%	11 mg	110%
Calcium	1100 mg	110%	2100 mg	210%
Phosphorus	818 mg	82%	1588 mg	159%
Iodine	150 mcg	100%	150 mcg	100%
Magnesium	75 mg	19%	165 mg	41%
Sodium	450 mg	19%	880 mg	37%
Potassium	690 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 & DIGLYCERIDES, NATURAL TOCOPHEROLS AND TRICALCIUM PHOSPHATE), FRUCTOSE, NATURAL AND ARTIFICIAL FLAVOR, VITAMIN & MINERAL BLEND (TRICALCIUM PHOSPHATE [CALCIUM], SODIUM ASCORBATE [VITAMIN C], D-ALPHA TOCOPHERYL ACETATE [VITAMIN E], NIACINAMIDE [VITAMIN B3], RETINOL 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]), GUM BLEND (CELLULOSE GUM, XANTHAN GUM, CARRAGEENAN), POTASSIUM CHLORIDE, SOY LECITHIN, ACESULFAME POTASSIUM, SUCRALOSE, SUNFLOWER LECITHIN.

CONTAINS: MILK & SOY

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

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.

MADE IN THE USA
FROM DOMESTIC AND
INTERNATIONAL INGREDIENTS

Dymatize
PERFECTING ATHLETIC NUTRITION™

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TOTAL MACROS & AMINO ACID
INFORMATION PER SERVING

CALORIES
1260

FAT
10 g

CARBS
243 g

PROTEIN
52 g

2:1:1 RATIO
BCAAs
10.9 g

LEUCINE
5.2 g

1260 CALORIES

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.

52 g PROTEIN

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.

10.9 g BCAAs INCLUDING LEUCINE

Why Leucine?
Leucine is the BCAA that is important to Muscle Protein Synthesis.

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 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.

DIRECTIONS: Add 2 ½ 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 30-45seconds.

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.

SUGAR COOKIE
naturally and artificially flavored

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PERFECTING ATHLETIC NUTRITION™

GET DYMATIZED™

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