CALORIES 1280 | PROTEIN 52g | BCAAs 10.9g | LEUCINE 5.2g

Dymatize®

SUPER MASS GAINER™

HIGH PROTEIN & CARB BLEND

DIETARY SUPPLEMENT

16 SERVINGS
BANNED SUBSTANCE TESTED • GLUTEN FREE

NET WT 12 LB (5.4 kg)

SOLD BY WEIGHT NOT VOLUME

FUDGE BROWNIE
naturally and artificially flavored

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

Dymatize | Dymatize | Dymatize | Dymatize

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	1280	243g	11g	22g	10.9g	5.2g

Supplement Facts

Serving Size: 2½ Cups (337 g)
Servings Per Container: About 16

	With 2% Milk: Amount Per Serving	% Daily Value	With 2% Whole Milk: Amount Per Serving	% Daily Value
Calories	1280		1880	
Calories from Fat	100		360	
Total Fat	11 g	17%*	42 g	65%*
Saturated Fat	3 g	15%*	21 g	105%*
Cholesterol	135 mg	45%	235 mg	78%
Total Carbohydrate	243 g	81%*	290 g	97%*
Dietary Fiber	4 g	16%*	6 g	24%*
Sugars	22 g	**	71 g	**
Protein	52 g	104%*	83 g	166%*
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	0.8 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	1093 mg	109%	2093 mg	209%
Iron	4.5 mg	25%	4.8 mg	27%
Phosphorus	750 mg	75%	1440 mg	144%
Iodine	150 mcg	100%	150 mcg	100%
Magnesium	129 mg	32%	204 mg	51%
Sodium	560 mg	23%	980 mg	41%
Potassium	1090 mg	31%	2290 mg	65%
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, DIPOTASSIUM PHOSPHATE, CORN SYRUP SOLIDS, TOCOPHEROLS AND TRICALCIUM PHOSPHATE), COCOA (PROCESSED WITH ALKALI), NATURAL AND ARTIFICIAL FLAVORS, PRUCTOSE, VITAMIN AND 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, SALT, 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™

TOTAL MACROS & AMINO ACID INFORMATION PER SERVING

CALORIES 1280

1280 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.

FAT 11g

CARBS 243g

PROTEIN 52g

52g 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 of any lean 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

LEUCINE 5.2g

10.9g 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 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 2½ 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.

FUDGE BROWNIE
naturally and artificially flavored

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PERFECTING ATHLETIC NUTRITION™

GET DYMATIZED®

Dymatize PERFECTING ATHLETIC NUTRITION