DYMATIZE®
NUTRITION

ELITE MASS™

Hi-Protein Anabolic Gainer

98%* SUGAR FREE

Sustained Release ***55g Protein*** *Matrix*

100% *Pure Pharmaceutical Grade AjiPure® Glutamine & BCAAs*

Creatine Fusion

Anabolic Lipid Complex

Sustained Carb Matrix with Waxy Maize

COOKIES & CREAM

NATURALLY & ARTIFICIALLY FLAVORED

DIETARY SUPPLEMENT

NET WT **10 LBS** (4,540G)

WHY CHOOSE ELITE MASS?

- ✓ ***55g*** **Sustained Release Protein Matrix Consisting of Whey, Casein, Milk & Egg**
- ✓ **Free Form Amino Acids**
- ✓ **97% Lactose Free**
- ✓ **MCT, CLA, Borage, Sunflower & Flax Seed Oils**
- ✓ **Extensive Vitamin & Mineral Blend**
- ✓ **Fast Acting & Easy to Digest**
- ✓ **Incredible Flavor & Instant Mixability**

SUGGESTED USE: As a dietary supplement, add 4 scoops of **Dymatize Elite Mass** to 16 oz. of cold water or milk. Mix thoroughly.

Dymatize Elite Mass is highly concentrated, and due to its potency you may want to consider using a 1/2 serving two or three times throughout the day.

For the ultimate in maximum weight gain, take **Dymatize Elite Mass** daily!

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 THE REACH OF CHILDREN.

F) Conseil d'utilisation: Comme compléments alimentaire, prendre 4 doses dans 470ml d'eau ou de lait. Du fait de sa puissance, il est également possible de prendre ½ dose 2 ou 3 fois par jour.

S) Uso Sugerido: Como suplemento dietetico, agregue 4 dosificadores de Dymatize Elite Mass a 16 onzas (500 cc) de agua fria o leche y mezcle enérgicamente. Dymatize Elite Mass es altamente concentrado, debido a ello quizas crea conveniente tomar ½ servicio dos o tres veces a lo largo del dia.

NL) Doseringsadvies: Meng 4 maatscheppen Elite Mass met 500ml water of magere melk. Koel en droog bewaren. - Buiten bereik van kinderen houden. - Geproduceerd in de USA. - Terministe houdbaar tot: zie doos.

D) Dymatize Elite Mass ist eine starke Formel zur Erhöhung der Körpermasse. Elite Mass ist dazu geeignet schnell Muskelmasse bei Hardgainern zu entwickeln und die Regeneration nach intensiven Trainingseinheiten zu optimieren. Jede Portion liefert 800 Kalorien, bestehend aus hochwertigem Protein und besten Kohlenhydraten. Als Wachstumsbeschleuniger ist eine Creatin Matrix (Creatin Monohydrat, Creatin Ethyl Ester, Tri-Creatin Malat und Di-Creatin Malat) enthalten. Des Weiteren unterstützen die Aminosäuren L-Leucin, L-Isoleucin und L-Valin (BCAA) denn Muskelaufbau. Besonders wertvoll sind auch die essentiellen Fettsäuren und Zytrix (Proteinverdauungsenzyme). Anwendung: 4 Messlöffel Elite Gainer in 470 ml kaltes Wasser oder Milch geben und gut mixen. Eine halbe Portion 2 bis 3-mal täglich, über den Tag verteilt konsumieren.

I) Dymatize Elite Mass e' un integratore che fornisce un elevato numero di calorie per dose specialmente se assunto con latte. Questa formula dispensa poi' calorie e poi' proteine, grammo dopo grammo. Uso: Come supplemento dietetico, aggiunga 4 palette a 16oz di acqua o di latte. Miscela completamente.

P) USO SUGERIDO: Como um suplemento dietético, adicione 4 colheres do Mass da Elite de Dymatize a 16 onças. da água fria ou do leite. Mistura completamente. O Mass da Elite de Dymatize é concentrado altamente, e devido a sua potência que você pode querer considerar a utilização duas ou três épocas 1/2 de servico ao longo do dia.

R) ПРЕДЛОЖЕННАЯ ПОЛЬЗА: Как диетическое дополнение, добавьте 4 автоуполаетеля Mass элиты Dymatize до 16 oz. холодной воды или молока. Смешивание тщательно. Mass элиты Dymatize сильно сконцентрирован, и должно и своей мощи вы можете хотеть рассматривать использование 1/2 служ 2 или 3 времена в течение дня.

†These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

*Not including additional natural sugars provided by whey protein and milk protein.

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

BUILDING BETTER BODIES®
DYMATIZE.COM

Manufactured & Distributed by:
Dymatize Enterprises Inc.
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(888) 334-LEAN / (972) 732-1990

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Manufactured at a FDA Inspected Facility

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NET WT 10 LBS (4,540G)

Supplement Facts

Serving Size: 4 Scoops (150g)
Servings Per Container: 30+

Amount per Serving:
Calories 600
Calories from Fat 60

	% DV *		% DV *
Total Fat 6g	9%	**Potassium** 460mg	13%
Saturated Fat 1g	5%	**Total Carbohydrate** 77g	26%
Trans Fat 0g	0%	Dietary Fiber 2g	8%
Cholesterol 40mg	12%	Sugar 3g	
Sodium 135mg	6%	**Protein** 55g	110%

	%DV*		%DV*
Vitamin A 2000IU	40%	**Pantothenic Acid** 5mg	50%
Vitamin C 30mg	50%	**Calcium** 600mg	60%
Vitamin D 100IU	25%	**Iron** 1mg	4%
Vitamin E 13IU	45%	**Phosphorus** 94mg	10%
Thiamin 0.45mg	30%	**Iodine** 45mcg	30%
Riboflavin 0.167mg	10%	**Magnesium** 6mg	2%
Niacin 9mg	45%	**Zinc** 4.5mg	30%
Vitamin B6 0.8mg	40%	**Selenium** 35mcg	50%
Folate 180mcg	45%	**Chromium** 54mcg	45%
Vitamin B12 1.2mcg	20%	**Chloride** 680mg	20%
Biotin 105mcg	35%		

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

ELITE MASS SUSTAINED RELEASE PROTEIN MATRIX: Whey Protein (Concentrate and Isolate), Milk Protein, Calcium Caseinate, Egg Protein, L-Leucine†, L-Valine†, L-Isoleucine† (BCAAs), Glutamine†

SUSTAINED COMPLEX CARBOHYDRATE MATRIX: Made up of the Highest Long Linear Chain and Very Low DE (Dextrose Equivalence) Available from Maltodextrin (Greater than 97% Sugar-Free), Waxy Maize, Oat Powder

ANABOLIC LIPID COMPLEX: Sunflower Oil, Medium Chain Triglycerides [MCTs], Flax Seed Oil, Borage Oil, CLA (Conjugated Linoleic Acid), Evening Primrose Oil

CREATINE FUSION: Creatine Monohydrate & Kre-Alkalyn®

VITAMIN & MINERAL BLEND: Potassium Chloride, Vitamin A Palmitate, Vitamin D3 (Cholecalciferol), Calcium Phosphate, Sodium Ascorbate, Vitamin E (d-Alpha Tocopheryl Acetate), Niacinamide, Pantothenic Acid, Zinc Oxide, Pyridoxine Hydrochloride, Thiamine Hydrochloride, Folic Acid, Biotin, Riboflavin, Potassium Iodide, Cyanocobalamin, Chromium Chloride, Sodium Selenite

OTHER INGREDIENTS: Cookie Pieces, Natural & Artificial Flavors, Acacia Gum, Fibersol®-2, Zytrix®, Sucralose.

ALLERGEN WARNING: Contains Ingredients from Milk, Egg & Soy.

'Elite Mass' uses 100% Pure Pharmaceutical Grade AjiPure® Glutamine & BCAAs

TYPICAL AMINO ACID PROFILE PER 100 GRAMS OF PROTEIN

ESSENTIAL AMINO ACIDS

Isoleucine †	6,080 mg
Leucine † (BCAA)	10,240 mg
Lysine	9,980 mg
Methionine	2,070 mg
Phenylalanine	3,100 mg
Threonine	6,370 mg
Tryptophan#	1,650 mg
Valine † (BCAA)	5710 mg

NON-ESSENTIAL AMINO ACIDS

Alanine	4,920 mg
Arginine	2,400 mg
Aspartic Acid	10,340 mg
Cystine	2,660 mg
Glutamine † & Precursors	17,070 mg
Glycine	1,680 mg
Histidine	1,700 mg
Proline	6,020 mg
Serine	5,000 mg
Tyrosine	3,210 mg

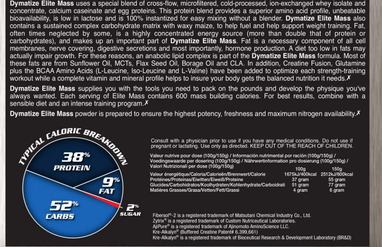
Naturally occurring. Not added or manufactured.

Dymatize Elite Mass is a powerful mass-gaining support formula designed for packing size on the hardest gainers and helping the hardcore recover from intense workouts. This potent formula helps deliver more calories and protein, gram for gram. Each serving delivers a massive 600 calories, with 55 grams of ultra high quality protein, plus Glutamine, Creatine Fusion, a Branch Chain Amino Acid Blend and a comprehensive vitamin and mineral blend with an anabolic lipid complex! All in each serving!✓

Dymatize Elite Mass uses a special blend of cross-flow, microfiltered, cold-processed, ion-exchanged whey isolate and concentrate, calcium caseinate and egg proteins. This protein blend provides a superior amino acid profile, unbeatable bioavailability, is low in lactose and is 100% instantized for easy mixing without a blender. **Dymatize Elite Mass** also contains a sustained complex carbohydrate matrix with waxy maize, to help fuel and help support weight training. Fat, often times neglected by some, is a highly concentrated energy source (more than double that of protein or carbohydrates), and makes up an important part of **Dymatize Elite Mass**. Fat is a necessary component of all cell membranes, nerve covering, digestive secretions and most importantly, hormone production. A diet too low in fats may actually impair growth. For these reasons, an anabolic lipid complex is part of the **Dymatize Elite Mass** formula. Most of these fats are from Sunflower Oil, MCTs, Flax Seed Oil, Borage Oil and CLA. In addition, Creatine Fusion, Glutamine plus the BCAA Amino Acids (L-Leucine, Iso-Leucine and L-Valine) have been added to optimize each strength-training workout while a complete vitamin and mineral profile helps to insure your body gets the balanced nutrition it needs.✓

Dymatize Elite Mass supplies you with the tools you need to pack on the pounds and develop the physique you've always wanted. Each serving of Elite Mass contains 600 mass building calories. For best results, combine with a sensible diet and an intense training program.✓

Dymatize Elite Mass powder is prepared to ensure the highest potency, freshness and maximum nitrogen availability.✓



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Valeur nutritive pour dose (150g/150g) / Información nutritional por ración (150g/150g) / Voedingswaarde per doseering (150g/150g) / Näherwertinformation pro dosierung (150g/150g) / Valori Nutrizionali per dose (150g/150g)

Valeur énergétique/Calor.pol/Calorieën/Brennwert/Calorie	100g 1575kJ/400kcal	150g 2363kJ/600kcal
Protéines/Proteínas/Eiwitten/Eiweiß/Proteine	37 gram	55 gram
Glucides/Carbohidratos/Koolhydraten/Kohlenhydrate/Carboidrati	51 gram	77 gram
Matières Grasses/Grasa/Vetten/Fett/Grassi	4 gram	6 gram

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