AMOUNTS PROTEIN CALORIES CARBS FAT SUGAR BCAAS LEUCINE SERVING 529 1310 2529 109 289 10.79 5.19

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

TAKE THE GUESSWORK OUT OF CALORIE INTAKE

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 belo 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 Bainer is a nowerhouse combination of 10.7 grams of BCAAs with 5.1 grams of Leucine and 1 gram of 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.

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.



Dymatize



NET WT 6 LB (2.7 kg)

SOLD BY WEIGHT NOT VOLUME

PROTEIN BCAAS LEUCINE 52g 10.7g 5.1g

HIGH PROTEIN & CARB BLEND DIETARY SUPPLEMENT

8 SERVINGS BANNED SUBSTANCE TESTED • GLUTEN FREE

COOKIES & CREAM naturally and artificially flavored



PERFECTING ATHLETIC NUTRITION

Supplement Facts

Dymatize

Servings Per Container: About 8 With 24az Water With 32az Whole Milk % Daily Per

	Serving	Value	Serving	Value
Calories	1310		1900	
Total Fat	10 g	13%*	42 g	54%
Saturated Fat	3 g	15%*		105%
Cholesterol	135 mg	45%	230 mg	779
Total Carbohydrate	252 g	92%*		109%
Total Sugars	28 g	**	77 g	
Includes Added Sugars	19 g	38%*	19 g	38%
Protein	52 g	103%*		165%
/itamin A	960 mgg		1410 mog	1579
Aitamin C	52 mg	58%	52 mg	589
Aitamin D			13 mog	649
Atamin E	14.3 mg		15 mg	1009
Thiamin	0.6 mg		1 mg	839
Riboflavin	0.2 mg	15%	1.7 mg	1319
(iacin	15.2 mg		16 mg	1009
Vitamin B6	1.5 mg	88%		1069
olate	565 mag	DFE 141%	614 mcg	DFE 1549
		folic acid)		
Vitamin B12	1.8 mog	75%	5.8 mcg	2429
Pantothenic Acid	8 mg		11 mg	
Calcium	1100 mg		2100 mg	
ron	1.6 mg	9%	1.8 mg	109
Phosphorus	700 mg		1470 mg	
odine	150 mcg	100%	150 mcg	1009
Magnesium	75 mg	18%	165 mg	399
Sodium	450 mg	20%	880 mg	389

* Daily Value not established 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), COOKIE PIECES (SUGAR, CORN CEREAL, CORN SYRUP, CORN STARCH, PALM OIL, COCOA IPROCESSED WITH ALKALII. TRICALCIUM PHOSPHATE). LESS THAN 2% OF: CREATINE MONOHYDRATE, FRUCTOSE, NATURAL AND ARTIFICIAL FLAVORS VITAMIN & MINERAL BLEND (TRICALCIUM PHOSPHATE, SODIUM ASCORBATE, D-ALPHA TOCOPHERYL ACETATE. NIACINAMIDE VITAMIN A PALMITATE, CALCIUM-D-PANTOTHENATE, POTASSIUN IODIDE, FOLIC ACID, MALTODEXTRIN, PYRIDOXINE HYDROCHLORID THIAMINE HYDROCHLORIDE, RIBOFLAVIN, CYANOCOBALAMINI, GUM

15% 1960 mg

SUCRALOSE. SUNFLOWER LECITHIN. CONTAINS MILK & SOY

RI END (CET LII OSE GUM, XANTHAN GUM, CARRAGEENAN POTASSIUM CHLORIDE, SOY LECITHIN, ACESULFAME POTASSIUM.

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

10 a

252 g

BCAAs

10.7 q

DIRECTIONS: Add 2 % cups of Super Mass Gainer to 24-32 fl. oz. of water or 32 fl. 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

1310 CALORIES CALORIES 1310

Are calories essential

to gaining muscle?

to eat enough quality calories

periods of heavy training. **52 g PROTEIN**

Advanced Protein Blend

10.7 g BCAAs

Why Leucine?

MADE IN THE USA
FROM DOMESTIC AND
INTERNATIONAL INCREDIENTS







CONSULT WITH A PHYSICIAN PRIOR TO USE IF YOU HAVE ANY MEDICAL CONDITIONS. DO NOT USE IF PREGNANT



DYMATIZE.COM

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