



SOLD BY WEIGHT NOT VOLUME

SUPER MASS GAINER™

16 SERVINGS
BANNED SUBSTANCE TESTED • GLUTEN FREE



 **Dymatize**



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 52g	CALORIES 1310	CARBS 252g	FAT 10g	SUGAR 28g	BCAAs 10.7g	LEUCINE 5.1g
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Supplement Facts

Serving Size: 2½ Cups (341 g)
Servings Per Container: About 16

	MSD Ultra		MSD Ultra	
	Per Day	% Daily	Per Day	% Daily
Carotenes	1310	100	1310	100
Total Fat	10.9	12%	42	14%
Cholesterol	2.6	4%	21	8%
Calcium	130	100	130	100
Chloride	252	8	872	29%
Total Amino	28	100	28	100
Protein	52	100	52	100
Phosphorus	14.5	100	14.5	100
Vitamin C	30 mg	50%	52 mg	86%
Vitamin E	14.3 mg	100	13 mg	94%
Vitamin K	2.6 mg	100	1 mg	39%
Thiamine	2.6 mg	100	1 mg	39%
Riboflavin	2.6 mg	100	1.7 mg	100
Niacin	2.6 mg	100	16 mg	100
Vitamin B6	1.5 mg	100	1.8 mg	100
Potassium	10.9 mg DFE	100	10.9 mg DFE	100
Vitamin B12	1.8 mg	100	2.1 mg	100
Copper	1.7 mg	100	2.1 mg	100
Iron	100 mg	100	100 mg	100
Zinc	15 mg	100	15 mg	100
Manganese	25 mg	100	165 mg	100
Selenium	100 mg	100	100 mg	100
Potassium	100 mg	100	100 mg	100
Percent Monosaturated	1 g	100	1 g	100

INGREDIENTS: MALTODEXTRIN, PROTEIN BLEND (WHEY PROTEIN CONCENTRATE, MILK PROTEIN ISOLATE, WHEY PROTEIN ISOLATE,

WHEY PROTEIN HYDROLYSATE, MACILLAC CASEIN, SUNFLOWER CREAMER (SUNFLOWER OIL, MALTODEXTRIN, SODIUM CASEINATE, MONO & DISODIUMS, NATURAL TOCOPHEROLS AND TRICALCIUM PHOSPHATE), COOKIE PRECIPS (SUGAR, CORN CEREAL, CORN SYRUP, CORN STARCH, PALM OIL, COCOA (PROCESSED WITH ALKALI), TRICALCIUM PHOSPHATE) LESS THAN 2% OF: CREATINE, MONOHYDRATE, FRUCTOSE, NATURAL AND ARTIFICIAL FLAVORS, VITAMIN B MINERAL, BLEND OF NATURAL CLAM HYPOALLERGENIC, SODIUM ASCORBATE, NATURAL TOCOPHEROL, ACETATE, MACROKREIN, VITAMIN A PALMITATE, CALCIUM D-PANTOTHEATE, POTASSIUM IODIDE, FOLIC ACID, MALTODEXTRIN, PYRIDOXINE HYDROCHLORIDE, THIAMINE HYDROCHLORIDE, TRIBIOFLAVIN, CHYMOCOAGULAM, GUM BLEND (CELLULOSE GUM, XANTHAN GUM, CARRAGEENAN), POTASSIUM CHLORIDE, SOY LECITHIN, ACESULFAME POTASSIUM, SODIUMGLUCOSIDE, 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™

100



**TOTAL MACROS
& AMINO ACID
INFORMATION PER SERVING**

1310
CALORIES

Are calories essential to gaining muscle?

Yes! Especially for those with high metabolisms or who find it difficult to eat enough quality calories. Metabolism is the key. 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
10 g

CARBS
200 g

PROTEIN **52 g 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 growing muscles.

10.7 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

Super Mass Gainer is a powerhouse combination of 10.7 grams of BCAAs with 5.3 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®

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 1/2 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.

COOKIES & CREAM
naturally and artificially flavored



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Dymatize®

PERFECTING ATHLETIC NUTRITION™

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