CALORIES 1280 | PROTEIN 52g | BCAAs 10.7g | LEUCINE 5.1g

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

GOURMET VANILLA
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	1280	245g	10g	23g	10.7g	5.1g

Supplement Facts

Serving Size: 2½ Cups (333 g)
Servings Per Container: About 16

	Amount Per Serving	% Daily Value	With 2/3cup Water: Amount Per Serving	With 2/3cup Whole Milk: % Daily Value
Calories	1280		1870	
Total Fat	10 g	13%*	42 g	54%*
Saturated Fat	2.5 g	13%*	21 g	105%*
Cholesterol	135 mg	45%	238 mg	79%
Total Carbohydrate	245 g	89%*	292 g	106%*
Total Sugars	23 g	**	72 g	**
Includes Added Sugars	14 g	28%*	14 g	28%*
Protein	52 g	103%*	83 g	165%*
Vitamin A	960 mcg	107%	1410 mcg	157%
Vitamin C	32 mg	36%	52 mg	58%
Vitamin D	0.13 mcg	3%	13 mcg	65%
Vitamin E	14.3 mg	95%	15 mg	100%
Thiamin	0.6 mg	50%	1 mg	83%
Riboflavin	0.2 mg	15%	1.7 mg	131%
Niacin	15.2 mg	95%	16 mg	100%
Vitamin B6	1.5 mg	88%	1.8 mg	106%
Folate	565 mcg DFE (340 mcg folic acid)	141%	614 mcg DFE (280 mcg folic acid)	154%
Vitamin B12	1.8 mcg	75%	5.8 mcg	242%
Pantothenic Acid	9 mg	180%	11 mg	220%
Calcium	1100 mg	85%	2100 mg	162%
Iron	0.6 mg	3%	0.9 mg	5%
Phosphorus	700 mg	56%	1470 mg	118%
Iodine	150 mcg	100%	150 mcg	100%
Magnesium	75 mg	18%	165 mg	39%
Sodium	400 mg	20%	980 mg	38%
Potassium	990 mg	15%	1860 mg	42%
Creatine Monohydrate	5 g	**		

* Percent Daily Values are based on a 2,000 calorie diet.
** 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), LESS THAN 2% OF: CREATINE MONOHYDRATE, NATURAL AND ARTIFICIAL FLAVORS, SALT, SUCRALOSE, MINERAL BLEND (TRICALCIUM PHOSPHATE, SODIUM ASCORBATE, D-ALPHA TOCOPHERYL ACETATE, NIACINAMIDE, VITAMIN A PALMITATE, CALCIUM D-PANTOTHENATE), POTASSIUM IODIDE, FOLIC ACID, MALTODEXTRIN, PYRIDOXINE HYDROCHLORIDE, THIAMINE HYDROCHLORIDE, RIBOFLAVIN, CYANOCOBALAMIN), 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™

TOTAL MACROS & AMINO ACID INFORMATION PER SERVING

CALORIES 1280 — **1280 CALORIES**
Are calories essential to gaining muscle?
Yes. Many hardgainers and 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 10 g

CARBS 245 g

PROTEIN 52 g — **52 g PROTEIN**
Advanced Protein Blend.
Muscles are composed of protein, and it should go without saying that getting adequate 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.

2:1:1 RATIO BCAAs 10.7 g

LEUCINE 5.1 g — **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 delicious and has amazing mixability!

Super Mass Gainer is a powerhouse combination of 10.7 grams of BCAAs with 5.1 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 2 ½ 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.

Dymatize®

PERFECTING ATHLETIC NUTRITION™

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