WHY SERIOUS MASS™?

- Each serving is packed with 1,250 calories to support a calorie surplus for weight and muscle building.**
- 50 grams of protein to support muscle building and recovery.**
- 252 grams of carbohydrates to support fueling of intense workouts and aid in replenishment of glycogen stores.
- 3 grams of creatine monohydrate to support performance.
- 25 vitamins and minerals plus glutamine.



STRENGTH





SUPPORTS WEIGHT

OPTIMUM NUTRITION™ has been trusted to provide the highest quality in post-workout recovery, pre-workout energy, and on-the-go sports nutrition for over 30 years and in 90+ countries. After careful supplier selection, each ingredient is tested to assure exceptional purity, potency and composition. We hold ourselves to the highest production standards, all so you can unlock your body's full potential

To find out more about the science and ingredients behind our products, visit OPTIMUMNUTRITION.COM







SERIOUS

SUPPORTS MUSCLE 1,250 CALORIES BUILDING & WEIGHT GAIN GOALS** HELPS BOOST CALORIE INTAKE

PROTEIN* HELPS BUILD AND MAINTAIN MUSCLE**

252_G CARBS HELPS FUEL INTENSE WORKOUTS

CHOCOLATE NATURALLY 6
ARTIFICIALLY FLAVORED

Supplement Facts Serving Size About 2 Heaping Scoops (336 g) Servings Per Container 8

(400 mcg folic acid)

Saturated Fa

otal Carbohydrate

Includes 9g Added Sugars

itamin A (as beta-carotene)

amin C (as ascorbic acid)

tamin D (as cholecalciferol) tamin E (as d-alpha tocopheryl succinate)

liacin (as niacinamide) itamin B6 (as pyridoxine hydrochloride)

olate (as folic acid)

hiamin (as thiamin mononitrate)

itamin B12 (as cyanocobalam

holine (as choline bitartrate) n (as ferrous fumarate)

dine (as potassium iodide) Magnesium (as magnesium aspartate

opper (as copper gluconate)

otassium (as dipotassium phosphate)

PABA (para-aminobenzoic acid)

* Daily Value not established.

CONTAINS: EGG, MILK, SOY.

nc (as zinc citrate)

-Glutamine

hosphorus (as dicalcium phosphate, ipotassium phosphate)

antothenic Acid (as d-calcium panthothenate)

langanese (as manganese amino acid chelate) hromium (as chromium polynicotinate) Molybdenum (as molybdenum amino acid chelate) 75 mg

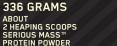
Percent Daily Values are based on a 2.000 calorie diet.

OTHER INGREDIENTS: Maltodextrin, Protein Blend (Whey Protein)

Friglycerides, Lecithin, Acesulfame Potassium, Sucralose.

Concentrate, Calcium Caseinate, Egg Whites, Sweet Whey), Cocoa Processed with Alkali), Natural and Artificial Flavor, Medium Chain







24 FL 0Z COLD WATER MILK OR OTHER



30-45 SECONDS BLEND UNTIL DISSOLVED

TIPS: New users may find it beneficial to begin with 1/2 of a serving daily for the first week and then gradually increase to 1 serving a day.

SERIOUS MASS™ is designed to provide serious calories, protein and carbohydrates - making this a convenient way to get extra calories throughout your day.

Check out **OPTIMUMNUTRITION.COM** for recipes and training tips.



3500 Lacey Road, Suite 1200 Downers Grove, IL 60515 1 (800) 705-5226

STORE IN A COOL, DRY PLACE.

SERVING SCOOP INCLUDED, BUT MAY SETTLE TO THE BOTTOM DURING SHIPPING



CONTENTS SOLD BY WEIGHT NOT VOLUME

Suggested Use: For healthy

to meet your daily protein

SOME SETTLING WILL OCCUR