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.**
- 254 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 TRAINING*

SUPPORTS PERFORMANCE*

SUPPORTS WEIGHT GAIN GOALS*

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 ensure 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**

AUTHENTIC OPTIMUM NUTRITION PRODUCT
OPTIMUMNUTRITION.COM/AUTHENTIC

*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.

INFORMED CHOICE is a world-renowned program for sport supplement testing. Products that carry the Informed Choice mark have been tested by the International Olympic Committee-accredited laboratories in the world to have nothing on the WADA prohibited list.

CHOICE

MANUFACTURED IN THE USA
THIS PRODUCT CONTAINS INGREDIENTS OF INTERNATIONAL AND DOMESTIC ORIGIN

OPTIMUM NUTRITION

SERIOUS MASS™

SUPPORTS MUSCLE BUILDING & WEIGHT GAIN GOALS**

1,250 CALORIES — HELPS BOOST CALORIE INTAKE

50g PROTEIN* — HELPS BUILD AND MAINTAIN MUSCLES*+

254g CARBS — HELPS FUEL INTENSE WORKOUTS*+

BANANA — NATURALLY & ARTIFICIALLY FLAVORED

PROTEIN POWDER SUPPLEMENT — NET WT 6 LB (2.72 KG) — 8 SERVINGS

*USE SUPPLEMENT FACTS PER SERVING AND CALCULATE FOOL CONTENT — *WHEN TAKEN IN ADDITION TO NORMAL CALORIC INTAKE AND REGULAR WEIGHT RESISTANCE TRAINING

Supplement Facts

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

	Amount Per Serving	% Daily Value
Calories	1250	
Total Fat	4.5 g	6%†
Saturated Fat	2 g	10%†
Trans Fat	0 g	†
Total Carbohydrate	254 g	92%†
Total Sugars	28 g	
Includes 10g Added Sugars		20%†
Protein	50 g	100%
Vitamin D (as cholecalciferol)	500 mcg	2500%
Vitamin C (as ascorbic acid)	60 mg	67%
Vitamin E (as alpha tocopheryl)	30 mg	200%
Vitamin E (as alpha tocopheryl succinate)	30 mg	200%
Thiamin (as thiamin mononitrate)	4.5 mg	400%
Riboflavin	5 mg	385%
Niacin (as niacinamide)	50 mg	313%
Vitamin B6 (as pyridoxine hydrochloride)	6.2mg	364%
Folate (as folic acid)	680 mcg DFE (400 mcg folic acid)	170%
Vitamin B12 (as cyanocobalamin)	17 mcg	708%
Biotin (as d-biotin)	300 mcg	1000%
Pantothenic Acid (as d-calcium pantothenate)	25.4 mg	377%
Calcium (as calcium citrate, dicalcium phosphate)	1000 mg	77%
Calcium (as calcium citrate, dicalcium phosphate)	500 mg	38%
Iron (as ferrous fumarate)	8 mg	44%
Iodine (as potassium iodide)	300 mcg	200%
Magnesium phosphate		
Iodine (as potassium iodide)	53 mg	36%
Magnesium (as magnesium oxide)	53 mg	13%
Zinc (as zinc oxide)	15 mg	136%
Selenium (as selenomethionine)	71 mcg	129%
Copper (as copper gluconate)	2 mg	222%
Manganese (as manganese sulfate and citrate)	2 mg	87%
Chromium (as chromium polynicotinate)	35 mcg	100%
Molybdenum (as molybdenum amino acid chelate)	80 mcg	171%
Potassium (as potassium citrate)	625 mg	13%
Chloride (as potassium citrate)	95 mg	4%
Creatine Monohydrate	3 g	†
L-Glutamine	500 mg	†
Inositol	200 mg	†
Choline (as choline citrate)	50 mg	9%

† Daily Value not established.

OTHER INGREDIENTS: Maltodextrin, Protein Blend (Whey Protein Concentrate, Whey Protein Isolate, Soy Protein Isolate), Natural and Artificial Flavor, Medium Chain Triglycerides, Lecithin, Malic Acid, Acesulfame Potassium, Sucralose, Yellow 5.

CONTAINS: EGG, MILK, SOY.

336 GRAMS — ABOUT 2 HEAPING SCOOPS SERIOUS MASS™ PROTEIN POWDER

24 FL OZ — COLD WATER, MILK OR OTHER BEVERAGE

30-45 SECONDS — BLEND UNTIL DISSOLVED

TIPS: Nova 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.

MANUFACTURED BY OPTIMUM NUTRITION, INC.
3500 Lacey Road, Suite 1200
Downers Grove, IL 60515
1 (800) 705-5225

STORE IN A COOL, DRY PLACE.

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

FPO UPC
748927529987

Suggested Use: For healthy adults, use daily as part of a diet to meet your dietary protein requirements with a combination of high protein foods and protein supplements. Use in conjunction as part of a balanced diet and exercise program.

CONTENTS SOLD BY WEIGHT NOT VOLUME.

SOME SETTLING WILL OCCUR.

U.S. 886.08 BUS 000318