

DIRECTIONS:

Add two heaping scoops of Serious Mass to a blender filled with 24 oz. of water. Blend for 45-60 seconds. Then add a few ice cubes and, if desired, other calorie-contributing ingredients (see "Supercharge Your Serious Mass" below) and blend for an additional 30-45 seconds. **TIPS:** Mixing two scoops of Serious Mass with 24 fl. oz. of nonfat or low fat milk instead of water will give you a thicker, creamier, higher-calorie shake. 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 or more full servings several times a day.

Serious Mass is a substantial weight-gain supplement that can be used to feed serious calorie needs in a variety of different ways.

BETWEEN MEALS: Drink 1/2-1 serving of Serious Mass combined with meals to maintain positive nitrogen balance and support a high-calorie diet. **POST-WORKOUT:** Begin drinking 1/2-1 serving of Serious Mass 30-45 minutes following exercise to support maximum recovery. **BEFORE BED:** Drink 1/2-1 serving of Serious Mass about 45-60 minutes before bed to provide nutrients to recovering muscle throughout the night.

NOTE: For best results use Serious Mass combined with intense weight training (3-5 times per week) and a sensible whole foods diet. Also, keep in mind that sufficient recovery between workouts impacts your ability to gain lean mass. Allowing at least 48 hours between workouts involving the same body parts is recommended.

CAUTION: KEEP OUT OF REACH OF CHILDREN. DO NOT TAKE THIS PRODUCT IF YOU ARE PREGNANT OR NURSING A BABY. CHECK WITH A QUALIFIED HEALTHCARE PROFESSIONAL BEFORE USING THIS PRODUCT IF YOU ARE UNDER 18 YEARS OF AGE OR IF YOU HAVE ANY KNOWN OR SUSPECTED MEDICAL CONDITIONS, INCLUDING DIABETES OR HYPOGLYCEMIA, AND/OR IF YOU ARE TAKING ANY PRESCRIPTION OR OTC MEDICATION(S).

STORE IN A COOL, DRY PLACE. CONTENTS SOLD BY WEIGHT, NOT VOLUME. SOME SETTLING MAY OCCUR.

Supercharge your Serious Mass
by adding one or more of these foods to your shake.

Serving Size	Calories	Serving Size	Calories
1/2 cup Granola	253	1 tsp. Flavored Oil	115
1/4 cup Chocolate Chip	166	1/2 cup Soft Shave	205
1 tsp. Peanut Butter	92	1/2 cup Vanilla	85
1/2 cup Applesauce	52	1/2 cup Vanilla	115
1/2 cup Peaches	104	1 tsp. Rosewater	43
1/2 cup Ice Cream	140		
1 cup Whole Milk	150		
1/2 cup Coconut	115		

SERIOUS MASS

1250

CALORIES

50g

PROTEIN

250g+

CARBS

25

VITAMINS & MINERALS



NO SUGAR ADDED*

WEIGHT GAIN SUPPLEMENT

THE BIGGER PICTURE OF WEIGHT-GAIN

Serious weight gain requires serious calories. However, those who need the extra calories most, often have the toughest time consuming enough of them. For many aspiring to be bigger, highly-active metabolisms, weaker appetites, and on-the-run lifestyles make consuming sufficient calories through whole foods alone a real challenge. With Serious Mass, you've got nothing to lose and lots to gain. We've consolidated over 1,250 calories, 50 grams of protein, 250-plus grams of carbohydrates, and 25 vitamins & minerals with added glutamine and creatine into every serving. It's time to stop thinking small; get serious - Serious Mass.

BEYOND THE BASICS

- 1,250 calories per serving in water; 1,630-plus calories when made with low fat milk.
- 50 grams of protein from a combination of faster and slower digesting sources including Whey, Casein, and Egg.
- 250-plus grams of carbohydrates to support fueling of intense workouts and aid in the replenishment of glycogen stores - with NO ADDED SUGAR.
- Enhanced with Creatine, L-Glutamine & Glutamine Peptides, Choline, Inositol, PABA, and MCTs.
- 25 Vitamins & Essential Minerals with an emphasis on B-Vitamins and Antioxidants.

CHOCOLATE

Supplement Facts

Serving Size: 1 heaping scoop (125g)
Servings Per Container: 12

	Amount Per Serving	% Daily Value*
Calories	1250	25%
Total Protein	50g	100%
Total Carbohydrate	250g	500%
Total Fat	10g	20%
Sodium	100mg	20%
Total Cholesterol	100mg	20%
Total Fiber	10g	20%
Total Sugar	10g	20%
Total Vitamin A	1000 IU	20%
Total Vitamin C	100mg	20%
Total Vitamin E	100 IU	20%
Total Vitamin K	100mcg	20%
Total Vitamin B1	100mcg	20%
Total Vitamin B2	100mcg	20%
Total Vitamin B3	100mcg	20%
Total Vitamin B5	100mcg	20%
Total Vitamin B6	100mcg	20%
Total Vitamin B12	100mcg	20%
Total Vitamin D	100 IU	20%
Total Vitamin F	100 IU	20%
Total Vitamin G	100 IU	20%
Total Vitamin H	100 IU	20%
Total Vitamin I	100 IU	20%
Total Vitamin J	100 IU	20%
Total Vitamin K	100mcg	20%
Total Vitamin L	100mcg	20%
Total Vitamin M	100mcg	20%
Total Vitamin N	100mcg	20%
Total Vitamin O	100mcg	20%
Total Vitamin P	100mcg	20%
Total Vitamin Q	100mcg	20%
Total Vitamin R	100mcg	20%
Total Vitamin S	100mcg	20%
Total Vitamin T	100mcg	20%
Total Vitamin U	100mcg	20%
Total Vitamin V	100mcg	20%
Total Vitamin W	100mcg	20%
Total Vitamin X	100mcg	20%
Total Vitamin Y	100mcg	20%
Total Vitamin Z	100mcg	20%
Total Vitamin AA	100mcg	20%
Total Vitamin AB	100mcg	20%
Total Vitamin AC	100mcg	20%
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