

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 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](https://www.optimumnutrition.com).



SERIOUS MASS™

SUPPORTS MUSCLE BUILDING & WEIGHT GAIN GOALS*

1,250 CALORIES
HELPS BOOST CALORIE INTAKE

50G PROTEIN*
HELPS BUILD AND MAINTAIN MUSCLE**

254G CARBS
HELPS FUEL INTENSE WORKOUTS*

STRAWBERRY NATURALLY & ARTIFICIALLY FLAVORED

PROTEIN POWDER SUPPLEMENT **NET WT 6 LB (2.72 KG) 8 SERVINGS**
*SEE SUPPLEMENT FACTS FOR SODIUM AND CHOLESTEROL CONTENT ** WHEN TAKEN IN ADDITION TO NORMAL CALORIE 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	3.5 g	4%*
Saturated Fat	2 g	11%*
Cholesterol	105 mg	35%
Total Carbohydrate	254 g	92%*
Total Sugars	18 g	**
Includes 9g Added Sugars		18%
Protein	50 g	100%*
Vitamin A (as beta-carotene)	750 mcg	83%
Vitamin C (as ascorbic acid)	60 mg	67%
Vitamin D (as cholecalciferol)	5 mcg	25%
Vitamin E (as d-alpha tocopheryl succinate)	20 mg	133%
Thiamin (as thiamin mononitrate)	4.8 mg	400%
Riboflavin	4 mg	308%
Niacin (as niacinamide)	50 mg	313%
Vitamin B6 (as pyridoxine hydrochloride)	5 mg	254%
Folate (as folic acid)	680 mcg DFE (400 mcg folic acid)	170%
Vitamin B12 (as cyanocobalamin)	10 mcg	417%
Biotin (as d-biotin)	300 mcg	1000%
Pantothenic Acid (as d-calcium pantothenate)	25 mg	500%
Choline (as choline bitartrate)	250 mg	45%
Calcium (as calcium citrate, dicalcium phosphate)	630 mg	49%
Iron (as ferrous fumarate)	6 mg	33%
Phosphorus (as dicalcium phosphate, dipotassium phosphate)	490 mg	39%
Iodine (as potassium iodide)	53 mcg	35%
Magnesium (as magnesium aspartate)	125 mg	29%
Zinc (as zinc citrate)	15 mg	136%
Selenium (as selenomethionine)	70 mcg	127%
Copper (as copper gluconate)	1 mg	111%
Manganese (as manganese amino acid chelate)	2 mg	87%
Chromium (as chromium polynicotinate)	120 mcg	343%
Molybdenum (as molybdenum amino acid chelate)	80 mcg	178%
Sodium	570 mg	25%
Potassium (as dipotassium phosphate)	880 mg	19%
Creatine Monohydrate	3 g	**
L-Glutamine	500 mg	**
Inositol	250 mg	**
PABA (para-aminobenzoic acid)	5 mg	**

*Percent Daily Values are based on a 2,000 calorie diet.
** Daily Value not established.

OTHER INGREDIENTS: Maltodextrin, Protein Blend (Whey Protein Concentrate, Calcium Caseinate, Egg Whites, Sweet Whey), Natural and Artificial Flavor, Medium Chain Triglycerides, Lecithin, Red 40 Lake, Acesulfame Potassium, Sucralose.

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: 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](https://www.optimumnutrition.com) for recipes and training tips.



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STORE IN A COOL, DRY PLACE.

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



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Suggested Use: For healthy adults, consume enough protein to meet your daily protein requirements with a combination of high protein foods and protein supplements throughout the day as part of a balanced diet and exercise program.

CONTENTS SOLD BY WEIGHT NOT VOLUME.
SOME SETTLING WILL OCCUR.



*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.

