

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.*
- 253 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).



AUTHENTIC
OPTIMUM NUTRITION
PRODUCT
[OPTIMUMNUTRITION.COM/AUTHENTIC](https://www.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 quality assurance program for sports nutrition products. The program certifies that nutritional supplements that bear the Informed Choice logo are regularly tested for banned substances by the world class sports anti-doping lab, LGC Limited.



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



SERIOUS MASS™

SUPPORTS MUSCLE
BUILDING & WEIGHT
GAIN GOALS*

1,250
CALORIES
HELPS BOOST
CALORIE INTAKE

50g
PROTEIN*
HELPS BUILD AND
MAINTAIN MUSCLE**

253g
CARBS
HELPS FUEL
INTENSE WORKOUTS*

CHOCOLATE PEANUT BUTTER 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	4 g	5%*
Saturated Fat	2.5 g	13%*
Cholesterol	95 mg	32%*
Total Carbohydrate	253 g	92%*
Dietary Fiber	4 g	14%*
Total Sugars	16 g	**
Includes 10g Added Sugars		20%
Protein	50 g	100%*
Vitamin A (as beta-carotene)	940 mcg	104%*
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)	50.2 mg	314%*
Vitamin B6 (as pyridoxine hydrochloride)	5 mg	294%*
Folate (as folic acid)	600 mcg DFE (400 mcg folic acid)	170%*
Vitamin B12 (as cyanocobalamin)	11 mcg	458%*
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)	610 mg	47%*
Iron (as ferrous fumarate)	9 mg	50%*
Phosphorus (as dicalcium phosphate, dipotassium phosphate)	540 mg	43%*
Iodine (as potassium iodide)	63 mcg	35%*
Magnesium (as magnesium aspartate)	180 mg	43%*
Zinc (as zinc citrate)	15 mg	136%*
Selenium (as selenomethionine)	71 mcg	129%*
Copper (as copper gluconate)	1 mg	111%*
Manganese (as manganese amino acid chelate)	2.45 mg	107%*
Chromium (as chromium polynicotinate)	120 mcg	343%*
Molybdenum (as molybdenum amino acid chelate)	80 mcg	178%*
Sodium	690 mg	30%*
Potassium (as dipotassium phosphate)	1100 mg	23%*
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), Cocoa Powder (Processed with Alkali), Natural and Artificial Flavor, Medium Chain Triglycerides, Creamer (Sunflower Oil, Maltodextrin, Modified Food Starch, Dipotassium Phosphate, Tricalcium Phosphate, Tocopherols), Salt, Sucralose, Acesulfame Potassium.

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.



MANUFACTURED BY
OPTIMUM NUTRITION, INC.

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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.