



Dymatize®

NET WT 12 LB (5.4 kg)

SOLD BY WEIGHT NOT VOLUME

CALORIES 1310 PROTEIN 52g CARBS 252g

INFORMED CHOICE BANNED SUBSTANCE TESTED

SUPER MASS GAINER™

HIGH PROTEIN & CARB BLEND
DIETARY SUPPLEMENT
16 SERVINGS



COOKIES & CREAM
naturally and artificially flavored



Informed Choice® is a quality assurance program that certifies that all nutritional supplements that bear the Informed Choice logo have been regularly tested for banned substances by the world class sports anti-doping lab, LGC.

AMOUNTS
PER
SERVING

PROTEIN 52g CALORIES 1310 CARBS 252g FAT 11g SUGAR 28g BCAAs 10.7g LEUCINE 5.1g

Supplement Facts

Serving Size: 2½ Cups (341 g)
Servings Per Container: About 16

	With 24 oz Water		With 32 oz Whole Milk	
	Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Calories	1310		1900	
Total Fat	11 g	14%	42 g	54%
Saturated Fat	2.5 g	13%	21 g	105%
Cholesterol	135 mg	45%	230 mg	77%
Total Carbohydrate	252 g	92%	299 g	109%
Total Sugars	28 g		77 g	
Includes Added Sugars	19 g	38%	10 g	38%
Protein	52 g	103%	83 g	165%
Vitamin C	52 mg	58%	52 mg	58%
Vitamin E	14.3 mg	95%	15 mg	100%
Thiamin	0.6 mg	50%	1 mg	83%
Riboflavin	0.2 mg	15%	1.7 mg	131%
Vitamin B6	1.5 mg	88%	1.8 mg	108%
Vitamin B12	1.3 mcg	75%	5.8 mcg	242%
Pantothenic Acid	8 mg	160%	11 mg	220%
Calcium	950 mg	73%	1950 mg	150%
Iron	1.8 mg	3%	1.8 mg	10%
Phosphorus	810 mg	49%	1380 mg	110%
Iodine	150 mcg	100%	150 mcg	100%
Magnesium	75 mg	18%	165 mg	39%
Sodium	450 mg	20%	880 mg	38%
Potassium	600 mg	15%	1950 mg	42%
Creatine Monohydrate	1 g			

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

INGREDIENTS: MALTODEXTRIN, PROTEIN BLEND (WHEY PROTEIN CONCENTRATE, MILK PROTEIN ISOLATE, WHEY PROTEIN ISOLATE, WHEY PROTEIN HYDROLYSATE, MICELLAR CASEIN), SUNFLOWER CREAMER (SUNFLOWER OIL, MALTODEXTRIN, SODIUM CASEINATE, MONO & DIGLYCERIDES, NATURAL TOCOPHEROLS AND TRICALCIUM PHOSPHATE), COOKIE PIECES (SUGAR, CORN CEREAL, CORN SYRUP, CORN STARCH, PALM OIL, COCOA (PROCESSED WITH ALKALI), TRICALCIUM PHOSPHATE), LESS THAN 2% OF: CREATINE MONOHYDRATE, FRUCTOSE, NATURAL AND ARTIFICIAL FLAVORS, VITAMIN & MINERAL BLEND (SODIUM ASCORBATE, D-ALPHA-TOCOPHERYL ACETATE, CALCIUM-D-PANTOTHENATE, POTASSIUM IODIDE, PYRIDOXINE HYDROCHLORIDE, THIAMINE HYDROCHLORIDE, RIBOFLAVIN, CYANO COBALAMIN), GUM BLEND (CELLULOSE GUM, XANTHAN GUM, CARRAGEENAN), POTASSIUM CHLORIDE, SOY LECITHIN, ACESULFAME POTASSIUM, SUCRALOSE, SUNFLOWER LECITHIN.

CONTAINS: MILK AND SOY.

MANUFACTURED FOR AND DISTRIBUTED BY:
DYMATIZE ENTERPRISES, LLC
EMERYVILLE, CA 94608 USA
(888) 334-5329

CONTAINS A BIOENGINEERED FOOD INGREDIENT.

STORE IN A COOL, DRY PLACE.

KEEP OUT OF REACH OF CHILDREN.

CONSULT WITH A PHYSICIAN PRIOR TO USE IF YOU HAVE ANY MEDICAL CONDITIONS.

DO NOT USE IF PREGNANT OR LACTATING.

USE ONLY AS DIRECTED.

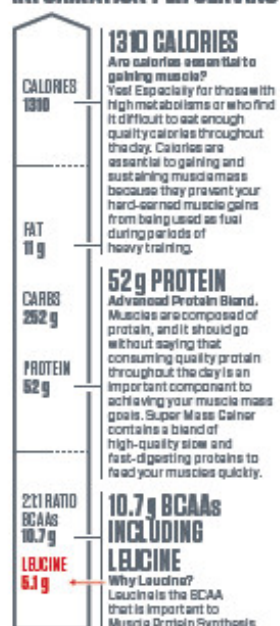
GLUTEN FREE

DIRECTIONS: Add 2½ cups of Super Mass Gainer to 24–32 fl. oz. of water or 32 fl. oz. of whole milk. Blend for 30–45 seconds. Add ice cubes, fruit or other ingredients as desired and blend for an additional 30–45 seconds.

Notes: Using milk will provide a thicker, creamier, higher-calorie shake.

Shaker-cup friendly when using ½ serving or less. Shake for 30–45 seconds to allow for proper mixing.

TOTAL MACROS & AMINO ACID INFORMATION PER SERVING



SUPER MASS GAINER IS FORMULATED FOR ONE THING: MASSIVE GAINS.

TAKE THE GUESSWORK OUT OF CALORIE INTAKE.

Gaining muscle mass and size can be very challenging, especially when you have a fast metabolism or find it difficult to consume enough calories and protein during the day. Super Mass Gainer is a high-quality mass and size gainer that is loaded with enough protein, BCAAs, calories, and other nutrients to help even the hardest gainers pack on mass and size. Unlike many other mass gainers out there, Super Mass Gainer also tastes delicious and has amazing mixability!

Super Mass Gainer is a powerhouse combination of 10.7 grams of BCAAs with 5.1 grams of Leucine and 1 gram of Creatine Monohydrate. Super Mass Gainer also has a blend of vitamins and minerals to aid in balanced nutrition.

RESEARCH & DEVELOPMENT

Dymatize® protein formulas are based on the latest science and have been tested in university studies and at elite training facilities. Dymatize protein powders are always manufactured in GMP Certified facilities, meaning that all ingredients and final products are rigorously tested and validated clean and safe. They are banned substance tested for athlete's reassurance by Informed Choice® (www.informed-choice.com).

Known worldwide for quality, taste and purity, Super Mass Gainer is made from high-quality ingredients and is produced to our highest quality standards.

Available in several delicious flavors, Super Mass Gainer is the perfect support for the most intense resistance training goals.



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MADE IN THE USA
FROM DOMESTIC AND
INTERNATIONAL INGREDIENTS

DYMATIZE.COM
PERFECTING ATHLETIC NUTRITION®

