CALORIES 1280 | PROTEIN 52g | CARBS 245g | BANNED SUBSTANCE TESTED

Dymatize®

SUPER MASS GAINER™

HIGH PROTEIN & CARB BLEND DIETARY SUPPLEMENT

16 SERVINGS

GOURMET VANILLA
naturally and artificially flavored

NET WT 12 LB (5.4 kg)

SOLD BY WEIGHT NOT VOLUME

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	CALORIES	CARBS	FAT	SUGAR	BCAAs	LEUCINE
	52g	1280	245g	10g	23g	10.7g	5.1g

Supplement Facts

Serving Size: 2½ Cups (333 g)
Servings Per Container: About 16

	With 2 Cups Water: Amount Per Serving	% Daily Value*	With 2 Cups Whole Milk: Amount Per Serving	% Daily Value*
Calories	1280		1870	
Total Fat	10 g	13%*	42 g	54%*
Saturated Fat	2.5 g	13%*	21 g	105%*
Cholesterol	135 mg	45%	230 mg	77%
Total Carbohydrate	245 g	89%*	292 g	106%*
Total Sugars	23 g	**	72 g	**
Included Added Sugars	14 g	28%*	14 g	28%*
Protein	52 g	103%*	83 g	165%*
Vitamin C	52 mg	58%	52 mg	58%
Vitamin E	14.3 mg	95%	15 mg	101%
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	106%
Vitamin B12	1.8 mcg	75%	5.8 mcg	242%
Pantothenic Acid	8 mg	160%	11 mg	221%
Calcium	950 mg	73%	1951 mg	150%
Iron	0.4 mg	2%	0.7 mg	4%
Phosphorus	618 mg	46%	1338 mg	119%
Iodine	150 mcg	100%	151 mcg	101%
Magnesium	75 mg	18%	165 mg	39%
Sodium	450 mg	20%	880 mg	38%
Potassium	600 mg	15%	1961 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 & DISLYCERIDES, NATURAL TOCOPHEROLS AND 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, CYANOCOBALAMIN), 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) 394-5326

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 2 ½ 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.
Note: 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

CALORIES 1280

FAT 10g

CARBS 245g

PROTEIN 52g

2:1:1 RATIO BCAAs 10.7g

LEUCINE 5.1g

1280 CALORIES

Are calories essential to gaining muscle?
Yes! Especially for those with high metabolisms or who find it difficult to eat enough quality calories throughout the day. Calories are essential to gaining and sustaining muscle mass because they prevent your hard-earned muscle gains from being used as fuel during periods of heavy training.

52g PROTEIN

Advanced Protein Blend.
Muscles are composed of protein, and it should go without saying that consuming quality protein throughout the day is an important component to achieving your muscle mass goals. Super Mass Gainer contains a blend of high-quality slow and fast-digesting proteins to feed your muscles quickly.

10.7g BCAAs INCLUDING LEUCINE

Why Leucine?
Leucine is the BCAA that is important to Muscle Protein Synthesis.

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.

MADE IN THE USA FROM DOMESTIC AND INTERNATIONAL INGREDIENTS

DYMATIZE.COM
PERFECTION ATHLETIC NUTRITION™

7 05016 33150 5

GOURMET VANILLA
naturally and artificially flavored