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

Dymatize®

SUPER MASS GAINER™

HIGH PROTEIN & CARB BLEND DIETARY SUPPLEMENT

16 SERVINGS

RICH CHOCOLATE
naturally and artificially flavored

NET WT 12 LB (5.4 kg)

SOLD BY WEIGHT NOT VOLUME

INFORMED CHOICE

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	11g	21g	10.7g	5.1g

Supplement Facts

Serving Size: 2½ Cups (835 g)
Servings Per Container: About 16

	With 24oz Water		With 32oz Whole Milk	
	Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Calories	1280		1870	
Total Fat	11 g	14%*	43 g	55%*
Saturated Fat	3 g	15%*	21 g	105%*
Cholesterol	130 mg	43%	225 mg	75%
Total Carbohydrate	245 g	89%*	292 g	106%*
Dietary Fiber	3 g	11%*	3 g	11%*
Total Sugars	21 g	**	70 g	**
Includes Added Sugars	12 g	24%*	12 g	24%*
Protein	52 g	100%*	83 g	160%*
Vitamin C	52 mg	58%	52 mg	58%
Vitamin E	14.3 mg	95%	15 mg	100%
Thiamin	0.8 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	220%
Calcium	950 mg	73%	1950 mg	150%
Iron	4.5 mg	25%	4.5 mg	25%
Phosphorus	680 mg	53%	1350 mg	108%
Iodine	150 mcg	100%	150 mcg	100%
Magnesium	130 mg	31%	205 mg	49%
Sodium	580 mg	25%	1000 mg	43%
Potassium	1100 mg	23%	2300 mg	49%
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), COCOA POWDER (PROCESSED WITH ALKALI). 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, SALT, 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 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.
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 11g
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
PERFECTING ATHLETIC NUTRITION™

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RICH CHOCOLATE
naturally and artificially flavored