



SERIOUS MASS

HIGH PROTEIN WEIGHT GAIN POWDER*

50g
PROTEIN

254g
CARBS

25
VITAMINS &
MINERALS

BANANA
Flavor. Not Artificially Flavored

1250
CALORIES

NET WT. 12 LB (5.44 KG) DIETARY SUPPLEMENT

Supplement Facts

Serving Size 2 Heaping Scoops (334 g)
Servings Per Container 18

Amount Per Serving in Scoops	% Daily Value	Amount Per Scoop in Scoops	% Daily Value	Amount Per Serving in Scoops	% Daily Value	Amount Per Scoop in Scoops	% Daily Value
Calories 1250		1540		Phosphorus 460 mg	46%	1160 mg	116%
Calories from Fat 35		170		Iodine 150 mcg	100%	150 mcg	100%
Total Fat 4 g	6%*	19 g	29%*	Magnesium 140 mg	35%	239 mg	60%
Saturated Fat 2.5 g	13%*	12 g	60%*	Zinc 15 mg	100%	18 mg	120%
Cholesterol 80 mg	27%	140 mg	47%	Selenium 70 mcg	100%	70 mcg	100%
Total Carbohydrate 254 g	65%*	293 g	95%*	Copper 1 mg	50%	1 mg	50%
Sugars 21 g	†	37 g	†	Manganese 2 mg	100%	2 mg	100%
Protein 50 g	100%*	74 g	148%*	Chromium 120 mcg	100%	120 mcg	100%
Vitamin A 5000 IU	100%	6600 IU	130%	Molybdenum 75 mcg	100%	75 mcg	100%
Vitamin C 60 mg	100%	66 mg	110%	Sodium 430 mg	18%	820 mg	34%
Vitamin D 200 IU	50%	500 IU	125%	Potassium 540 mg	27%	2170 mg	62%
Vitamin E 30 IU	100%	30 IU	100%	Creatine Monohydrate 1 g	†	1 g	†
Thiamine 4.8 mg	320%	5.1 mg	340%	L-Glutamine 500 mg	†	500 mg	†
Riboflavin 4 mg	235%	5.2 mg	306%	Glutamine Peptides 500 mg	†	500 mg	†
Niacin 50 mg	250%	50.5 mg	253%	Choline 250 mg	†	250 mg	†
Vitamin B6 5 mg	250%	5.3 mg	265%	(as choline bitartrate)			
Folic Acid 400 mcg	100%	438 mcg	109%	Inositol 250 mg	†	250 mg	†
Vitamin B12 10 mcg	167%	12.7 mcg	212%	PABA 5 mg	†	5 mg	†
Biotin 300 mcg	100%	300 mcg	100%	(para-aminobenzoic acid)			
Pantothenic Acid 25 mg	250%	27 mg	270%				
Calcium 630 mg	63%	1400 mg	140%				
Iron 5 mg	28%	5.3 mg	29%				

* 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 Albumen, Sweet Dairy Whey), Natural and Artificial Flavors, Vitamin and Mineral Blend (Dibasic Calcium Phosphate, Magnesium Aspartate, Dicalcium Phosphate, Calcium Citrate, Ascorbic Acid, Nicotinamide, Zinc Citrate, Beta Carotene, d-Calcium Pantothenate, Ascorbic Acid, Vitamin B12, Vitamin B6, Vitamin C, Vitamin E, Vitamin K, Vitamin A, Vitamin D, Vitamin F, Vitamin H, Vitamin I, Vitamin J, Vitamin L, Vitamin M, Vitamin N, Vitamin O, Vitamin P, Vitamin Q, Vitamin R, Vitamin S, Vitamin T, Vitamin U, Vitamin V, Vitamin W, Vitamin X, Vitamin Y, Vitamin Z, Vitamin AA, Vitamin AB, Vitamin AC, Vitamin AD, Vitamin AE, Vitamin AF, Vitamin AG, Vitamin AH, Vitamin AI, Vitamin AJ, Vitamin AK, Vitamin AL, Vitamin AM, Vitamin AN, Vitamin AO, Vitamin AP, Vitamin AQ, Vitamin AR, Vitamin AS, Vitamin AT, Vitamin AU, Vitamin AV, Vitamin AW, Vitamin AX, Vitamin AY, Vitamin AZ, Vitamin BA, Vitamin BB, Vitamin BC, Vitamin BD, Vitamin BE, Vitamin BF, Vitamin BG, Vitamin BH, Vitamin BI, Vitamin BJ, Vitamin BK, Vitamin BL, Vitamin BM, Vitamin BN, Vitamin BO, Vitamin BP, Vitamin BQ, Vitamin BR, Vitamin BS, Vitamin BT, Vitamin BU, Vitamin BV, Vitamin BW, Vitamin BX, Vitamin BY, Vitamin BZ, Vitamin CA, Vitamin CB, Vitamin CC, Vitamin CD, Vitamin CE, Vitamin CF, Vitamin CG, Vitamin CH, Vitamin CI, Vitamin CJ, Vitamin CK, Vitamin CL, Vitamin CM, Vitamin CN, Vitamin CO, Vitamin CP, Vitamin CQ, Vitamin CR, Vitamin CS, Vitamin CT, Vitamin CU, Vitamin CV, Vitamin CW, Vitamin CX, Vitamin CY, Vitamin CZ, Vitamin DA, Vitamin DB, Vitamin DC, Vitamin DD, Vitamin DE, Vitamin DF, Vitamin DG, Vitamin DH, Vitamin DI, Vitamin DJ, Vitamin DK, Vitamin DL, Vitamin DM, Vitamin DN, Vitamin DO, Vitamin DP, Vitamin DQ, Vitamin DR, Vitamin DS, Vitamin DT, Vitamin DU, Vitamin DV, Vitamin DW, Vitamin DX, Vitamin DY, Vitamin DZ, Vitamin EA, Vitamin EB, Vitamin EC, Vitamin ED, Vitamin EE, Vitamin EF, Vitamin EG, Vitamin EH, Vitamin EI, Vitamin EJ, Vitamin EK, Vitamin EL, Vitamin EM, Vitamin EN, Vitamin EO, Vitamin EP, Vitamin EQ, Vitamin ER, Vitamin ES, Vitamin ET, Vitamin EU, Vitamin EV, Vitamin EW, Vitamin EX, Vitamin EY, Vitamin EZ, Vitamin FA, Vitamin FB, Vitamin FC, Vitamin FD, Vitamin FE, Vitamin FF, Vitamin FG, Vitamin FH, Vitamin FI, Vitamin FJ, Vitamin FK, Vitamin FL, Vitamin FM, Vitamin FN, Vitamin FO, Vitamin FP, Vitamin FQ, Vitamin FR, Vitamin FS, Vitamin FT, Vitamin FU, Vitamin FV, Vitamin FW, Vitamin FX, Vitamin FY, Vitamin FZ, Vitamin GA, Vitamin GB, Vitamin GC, Vitamin GD, Vitamin GE, Vitamin GF, Vitamin GH, Vitamin GI, Vitamin GJ, Vitamin GK, Vitamin GL, Vitamin GM, Vitamin GN, Vitamin GO, Vitamin GP, Vitamin GQ, Vitamin GR, Vitamin GS, Vitamin GT, Vitamin GU, Vitamin GV, Vitamin GW, Vitamin GX, Vitamin GY, Vitamin GZ, Vitamin HA, Vitamin HB, Vitamin HC, Vitamin HD, Vitamin HE, Vitamin HF, Vitamin HG, Vitamin HH, Vitamin HI, Vitamin HJ, Vitamin HK, Vitamin HL, Vitamin HM, Vitamin HN, 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Vitamin KT, Vitamin KU, Vitamin KV, Vitamin KW, Vitamin KX, Vitamin KY, Vitamin KZ, Vitamin LA, Vitamin LB, Vitamin LC, Vitamin LD, Vitamin LE, Vitamin LF, Vitamin LG, Vitamin LH, Vitamin LI, Vitamin LJ, Vitamin LK, Vitamin LL, Vitamin LM, Vitamin LN, Vitamin LO, Vitamin LP, Vitamin LQ, Vitamin LR, Vitamin LS, Vitamin LT, Vitamin LU, Vitamin LV, Vitamin LW, Vitamin LX, Vitamin LY, Vitamin LZ, Vitamin MA, Vitamin MB, Vitamin MC, Vitamin MD, Vitamin ME, Vitamin MF, Vitamin MG, Vitamin MH, Vitamin MI, Vitamin MJ, Vitamin MK, Vitamin ML, Vitamin MM, Vitamin MN, Vitamin MO, Vitamin MP, Vitamin MQ, Vitamin MR, Vitamin MS, Vitamin MT, Vitamin MU, Vitamin MV, Vitamin MW, Vitamin MX, Vitamin MY, Vitamin MZ, Vitamin NA, Vitamin NB, Vitamin NC, Vitamin ND, Vitamin NE, Vitamin NF, Vitamin NG, Vitamin NH, Vitamin NI, Vitamin NJ, Vitamin NK, Vitamin NL, Vitamin NM, Vitamin NO, Vitamin NP, Vitamin NQ, Vitamin NR, Vitamin NS, Vitamin NT, Vitamin NU, Vitamin NV, Vitamin NW, Vitamin NX, Vitamin NY, Vitamin NZ, Vitamin OA, Vitamin OB, Vitamin OC, Vitamin OD, Vitamin OE, Vitamin OF, Vitamin OG, Vitamin OH, Vitamin OI, Vitamin OJ, Vitamin OK, Vitamin OL, Vitamin OM, Vitamin ON, Vitamin OO, Vitamin OP, Vitamin OQ, Vitamin OR, Vitamin OS, Vitamin OT, Vitamin OU, Vitamin OV, Vitamin OW, Vitamin OX, Vitamin OY, Vitamin OZ, Vitamin PA, Vitamin PB, Vitamin PC, Vitamin PD, Vitamin PE, Vitamin PF, Vitamin PG, Vitamin PH, Vitamin PI, Vitamin PJ, Vitamin PK, Vitamin PL, Vitamin PM, Vitamin PN, Vitamin PO, Vitamin PP, Vitamin PQ, Vitamin PR, Vitamin PS, Vitamin PT, Vitamin PU, Vitamin PV, Vitamin PW, Vitamin PX, Vitamin PY, Vitamin PZ, Vitamin QA, Vitamin QB, Vitamin QC, Vitamin QD, Vitamin QE, Vitamin QF, Vitamin QG, Vitamin QH, Vitamin QI, Vitamin QJ, Vitamin QK, Vitamin QL, Vitamin QM, Vitamin QN, Vitamin QO, Vitamin QP, Vitamin QQ, Vitamin QR, Vitamin QS, Vitamin QT, Vitamin QU, Vitamin QV, Vitamin QW, Vitamin QX, Vitamin QY, Vitamin QZ, Vitamin RA, Vitamin RB, Vitamin RC, Vitamin RD, Vitamin RE, Vitamin RF, Vitamin RG, Vitamin RH, Vitamin RI, Vitamin RJ, Vitamin RK, Vitamin RL, Vitamin RM, Vitamin RN, Vitamin RO, Vitamin RP, Vitamin RQ, Vitamin RR, Vitamin RS, Vitamin RT, Vitamin RU, Vitamin RV, Vitamin RW, Vitamin RX, Vitamin RY, Vitamin RZ, Vitamin SA, Vitamin SB, Vitamin SC, Vitamin SD, Vitamin SE, Vitamin SF, Vitamin SG, Vitamin SH, Vitamin SI, Vitamin SJ, Vitamin SK, Vitamin SL, Vitamin SM, Vitamin SN, Vitamin SO, Vitamin SP, Vitamin SQ, Vitamin SR, Vitamin SS, Vitamin ST, Vitamin SU, Vitamin SV, Vitamin SW, Vitamin SX, Vitamin SY, Vitamin SZ, Vitamin TA, Vitamin TB, Vitamin TC, Vitamin TD, Vitamin TE, Vitamin TF, Vitamin TG, Vitamin TH, Vitamin TI, Vitamin TJ, Vitamin TK, Vitamin TL, Vitamin TM, Vitamin TN, Vitamin TO, Vitamin TP, Vitamin TQ, Vitamin TR, Vitamin TS, Vitamin TT, Vitamin TU, Vitamin TV, Vitamin TW, Vitamin TX, Vitamin TY, Vitamin TZ, Vitamin UA, Vitamin UB, Vitamin UC, Vitamin UD, Vitamin UE, Vitamin UF, Vitamin UG, Vitamin UH, Vitamin UI, Vitamin UJ, Vitamin UK, Vitamin UL, Vitamin UM, Vitamin UN, Vitamin UO, Vitamin UP, Vitamin UQ, Vitamin UR, Vitamin US, Vitamin UT, Vitamin UU, Vitamin UV, Vitamin UW, Vitamin UX, Vitamin UY, Vitamin UZ, Vitamin VA, Vitamin VB, Vitamin VC, Vitamin VD, Vitamin VE, Vitamin VF, Vitamin VG, Vitamin VH, Vitamin VI, Vitamin VJ, Vitamin VK, Vitamin VL, Vitamin VM, Vitamin VN, Vitamin VO, Vitamin VP, Vitamin VQ, Vitamin VR, Vitamin VS, Vitamin VT, Vitamin VU, Vitamin VV, Vitamin VW, Vitamin VX, Vitamin VY, Vitamin VZ, Vitamin WA, Vitamin WB, Vitamin WC, Vitamin WD, Vitamin WE, Vitamin WF, Vitamin WG, Vitamin WH, Vitamin WI, Vitamin WJ, Vitamin WK, Vitamin WL, Vitamin WM, Vitamin WN, Vitamin WO, Vitamin WP, Vitamin WQ, Vitamin WR, Vitamin WS, Vitamin WT, Vitamin WU, Vitamin WV, Vitamin WX, Vitamin WY, Vitamin WZ, Vitamin XA, Vitamin XB, Vitamin XC, Vitamin XD, Vitamin XE, Vitamin XF, Vitamin XG, Vitamin XH, Vitamin XI, Vitamin XJ, Vitamin XK, Vitamin XL, Vitamin XM, Vitamin XN, Vitamin XO, Vitamin XP, Vitamin XQ, Vitamin XR, Vitamin XS, Vitamin XT, Vitamin XU, Vitamin XV, Vitamin XW, Vitamin XX, Vitamin XY, Vitamin XZ, Vitamin YA, Vitamin YB, Vitamin YC, Vitamin YD, Vitamin YE, Vitamin YF, Vitamin YG, Vitamin YH, Vitamin YI, Vitamin YJ, Vitamin YK, Vitamin YL, Vitamin YM, Vitamin YN, Vitamin YO, Vitamin YP, Vitamin YQ, Vitamin YR, Vitamin YS, Vitamin YT, Vitamin YU, Vitamin YV, Vitamin YW, Vitamin YX, Vitamin YY, Vitamin YZ, Vitamin ZA, Vitamin ZB, Vitamin ZC, Vitamin ZD, Vitamin ZE, Vitamin ZF, Vitamin ZG, Vitamin ZH, Vitamin ZI, Vitamin ZJ, Vitamin ZK, Vitamin ZL, Vitamin ZM, Vitamin ZN, Vitamin ZO, Vitamin ZP, Vitamin ZQ, Vitamin ZR, Vitamin ZS, Vitamin ZT, Vitamin ZU, Vitamin ZV, Vitamin ZW, Vitamin ZX, Vitamin ZY, Vitamin ZZ.

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SUPERCARGE YOUR SERIOUS MASS*

BY ADDING ONE OR MORE OF THESE FOODS TO YOUR SHAKE.

SERVING SIZE	CALORIES
1/2 cup Granola	250
1/4 cup Chocolate Chips	198
2 tbsp. Peanut Butter	190
1 oz. Almonds	187
1 oz. Peanuts	164
1/2 cup Ice Cream	160
1 cup Whole Milk	150
1/2 cup Coconut	139
1 tbsp. Flaxseed Oil	115
1/2 cup Oat Bran	108
1 small Banana	105
1 tbsp. Honey	64
1 tbsp. Molasses	43

BEYOND THE BASICS

- 1,250 Calories per Serving in Water; 1,640 Calories When Made with Low Fat Milk.
- 50 Grams of Protein.
- 254 Grams of Carbohydrates to Support Fueling of Intense Workouts and Aid in the Replenishment of Glycogen Stores* with No Added Sugar.
- Creatine, L-Glutamine & Glutamine Peptides, Choline, Inositol and PABA.



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*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.