

60mm High Distortion Area
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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.

ENGINEERED TO FUEL MASSIVE GAINS

Conquer your mass-building and weight-gaining obstacles and take the guesswork out of calorie intake with Super Mass Gainer™.

Dymatize, the trusted leader in athletic nutrition for over 25 years, brings you Super Mass Gainer. If your goal is to pack on mass, then you need tons of high-quality macros. Super Mass Gainer has the calories, carbs, protein, vitamins, minerals, and naturally occurring essential amino acids needed to help you conquer your mass-building and performance goals!

ENGINEERED TO CRUSH GOALS:

- Gain Weight & Muscle Mass*
- Increase Calories
- Muscle Maintenance*

BEST TIMES TO USE:

- 0-30 mins. After Training
- Throughout the Day
- Between Meals

THE SCIENCE BEHIND THE SCOOPS



MULTI-SOURCE, ADVANCED MASS-BUILDING[†] PROTEIN BLEND

- Whey Protein Concentrate
 - Milk Protein
 - Whey Protein Isolate
 - Whey Protein Hydrolysate
 - Micellar Casein
- Unique blend of slow-digesting and fast-digesting whey and milk proteins scientifically shown to support muscle maintenance, and growth throughout the day.[†]

CARBOHYDRATES, CALORIES, VITAMINS & MINERALS

- B₆ C Iron
 - B₁₂ E
 - 1290 Cal
 - Vitamins & Minerals
 - Carbs & Calories
- Nutrient-rich formula, including 14 vitamins and minerals, calories, and carbohydrates for glycogen replenishment and energy.

AMAZING MIXABILITY & VERSATILITY

- Pack more protein, carbs, and calories into delicious shakes, smoothies, and baked recipes.

TESTED FOR PURITY & BANNED SUBSTANCE TESTED

Our products are banned substance tested and rigorously tested for quality and purity.

* 5 SCOOPS PER SERVING
† 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.

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GET IT DYMATIZED



NET WT 6 LB (2.7 kg)

SOLD BY WEIGHT, NOT VOLUME

CALORIES 1290 **PROTEIN 52g** **CARBS 248g**



SUPER MASS GAINER™

HIGH PROTEIN & CARB BLEND
DIETARY SUPPLEMENT
8 SERVINGS



Supplement Facts

About 8 Servings Per Container
Serving Size: 5 Scoops (2½ Cups) 336 g

Amount Per Serving	% Daily Value
Calories	1290
Total Fat	10 g 13%*
Saturated Fat	2.5 g 13%*
Cholesterol	135 mg 45%
Total Carbohydrate	248 g 90%*
Total Sugars	23 g **
Includes Added Sugars	14 g 28%*
Protein	52 g 103%*
Vitamin C	53 mg 59%
Vitamin E	14.3 mg 95%
Thiamin	0.7 mg 60%
Riboflavin	0.2 mg 16%
Vitamin B6	1.5 mg 88%
Vitamin B12	1.8 mcg 75%
Pantothenic Acid	8 mg 160%
Calcium	960 mg 74%
Iron	0.4 mg 2%
Phosphorus	620 mg 50%
Iodine	75 mcg 50%
Magnesium	76 mg 18%
Sodium	450 mg 20%
Potassium	700 mg 15%
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), 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:
PREMIER NUTRITION
EMERYVILLE, CA 94608 USA
888-334-5326

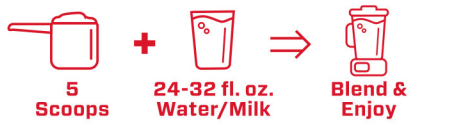
CONTAINS BIOENGINEERED FOOD INGREDIENTS. STORE IN A COOL, DRY PLACE. KEEP OUT OF REACH OF CHILDREN.

GLUTEN FREE.
CONSULT WITH A PHYSICIAN PRIOR TO USE IF YOU HAVE ANY MEDICAL CONDITIONS. DO NOT USE IF PREGNANT OR LACTATING. USE ONLY AS DIRECTED.

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INSPIRATION • RECIPES • TRAINING TIPS

DIRECTIONS: Add 5 scoops (2 1/2 cups - scoop included) of Super Mass Gainer to 24-32 fl. oz. of water or your favorite beverage. 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 1/2 serving or less. Shake for 30-45 seconds to allow for proper mixing.



MACROS & AMINO ACIDS[†] AMOUNTS PER SERVING INFORMATION

- CALORIES 1290**
FAT 10g
- CARBS 248g**
- PROTEIN 52g**
- BCAAs 10.7g**
- LEUCINE 5.1g**

1290 CALORIES
ARE CALORIES ESSENTIAL TO GAINING MUSCLE MASS?
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 or between meals.

52g PROTEIN
MULTI-SOURCE, ADVANCED MASS-BUILDING[†] PROTEIN BLEND
Super Mass Gainer contains a blend of high-quality slow and fast-digesting proteins to feed your muscles steadily throughout the day.

10.7g BCAAs INCLUDING LEUCINE
WHY LEUCINE?
Leucine is the BCAA that is important to Muscle Protein Synthesis.

For full amino acid profile, and more detailed product information scan code or go to: Dymatize.com

[†] ALL AMINO ACIDS ARE NATURALLY OCCURRING IN PROTEIN. AMOUNTS ARE BASED ON ONE SERVING.
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