

WHY CHOOSE ELITE MASS?

- ✓ **55g Sustained Release Protein Matrix**
Consisting of Whey, Casein, Milk & Egg
- ✓ **Free Form Amino Acids**
- ✓ **97% Lactose Free**
- ✓ **MCT, CLA, Borage, Sunflower & Flax Seed Oils**
- ✓ **Extensive Vitamin & Mineral Mix**
- ✓ **Fast Acting & Easy to Digest**
- ✓ **Incredible Flavor & Instant Mixability**

SUGGESTED USE: As a dietary supplement, add 4 scoops of **Dymatize Elite Mass** to 16 oz. of cold water or milk. Mix thoroughly.

Dymatize Elite Mass is highly concentrated, and due to its potency you may want to consider using a 1/2 serving two or three times throughout the day.

For the ultimate in maximum weight gain, take up to three servings of **Dymatize Elite Mass** daily; one in the morning, another in the afternoon, and a final serving at bedtime (20-30 minutes before going to sleep).

Consult with a physician prior to use if you have any medical conditions. Do not use if pregnant or lactating. Use only as directed. KEEP OUT OF THE REACH OF CHILDREN.

F) Conseil d'utilisation: Comme compléments alimentaire, prendre 4 doses dans 470ml d'eau ou de lait. Du fait de sa puissance, il est également possible de prendre 1/2 dose 2 ou 3 fois par jour. Dans une période de prise de masse intense, prendre 3 doses de Dymatize Elite Mass par jour: 1 le matin, 1 dans l'après-midi et 1 30min avant de se coucher.

S) USO SUGERIDO: Como suplemento dietético, agregue 4 dosificadores de Dymatize Elite Mass a 16 onzas (500 cc) de agua fría o leche y mezcle energicamente. Dymatize Elite Mass es altamente concentrado, debido a ello quisea creat conveniente tomar 1/2 servicio dos o tres veces a lo largo del día. Para maximos resultados, tome hasta tres servicios de Dymatize Elite Mass al día, uno a la mañana, otro por la tarde y el ultimo al acostarse (de 20 a 30 minutos antes de irse a dormir).

NL) Doseringadvies: Neem als aanvulling op je dagelijkse voeding, 1 tot 3 doseringen verdeeld over de dag. Meng 4 maatscheppen Elite Mass met 500ml water of magere melk. Voor maximale gewichtstoename neem je drie doseringen Elite Mass. S' morgens, s' middags en 30 minuten voor het slapen gaan. Koel en droog bewaren. - Buiten bereik van kinderen houden. Geproduceerd in de USA. - Tenminste houdbaar tot: zie doos.

D) Dymatize Elite Mass ist eine starke Formel zur Erhöhung der Körpermasse. Elite Mass ist dazu geeignet schnell Muskelmasse bei Hardgainern zu entwickeln und die Regeneration nach intensiven Trainingseinheiten zu optimieren. Jede Portion liefert 600 Kalorien, bestehend aus hochwertigem Protein und besten Kohlenhydraten. Als Wachstumsbeschleuniger ist eine Creatin Matrix (Creatin Monohydrat, Creatin Ethyl Ester, Tri-Creatin Malat und Di-Creatin Malat) enthalten. Des Weiteren unterstützen die Aminosäuren L-Leucin, L-Isoleucin und L-Valin (BCAA) denn Muskelaufbau. Besonders wertvoll sind auch die essentiellen Fettsäuren und Zytrix (Proteinverdauungsenzyme). Anwendung: 4 Messlöffel Elite Gainer in 470 ml kaltes Wasser oder Milch geben und gut mixen. Eine halbe Portion 2 bis 3-mal täglich, über den Tag verteilt konsumieren. Für maximale Gewichtszunahme können bis zu 3 komplette Portionen über den Tag verteilt (morgens, nachmittags und 20 bis 30 min vor dem Zubettgehen) konsumiert werden.

I) Dymatize Elite Mass e' un integratore che fornisce un elevato numero di calorie per dose specialmente se assunto con latte. Questa formula dispensa più calorie e più proteine, grammo dopo grammo. Uso: Come supplemento dietetico, aggiunga 4 palette a 16oz di acqua o di latte. Miscela completamente. Per l'ultimo guadagno del peso, prenda giornalmente fino a tre servings; uno alla mattina, un altro nel pomeriggio e un serving finale al bedtime (20-30 minuti prima di andare dormire).

P) USO SUGERIDO: Como um suplemento dietético, adicione 4 colheres do Mass da Elite de Dymatize a 16 onças, da água fria ou do leite. Mistura completamente. O Mass da Elite de Dymatize é concentrado altamente, e devido a sua potência que você pode querer considerar a utilização duas ou três épocas 1/2 de serviço ao longo do dia. Para o final no ganho de peso máximo, tome até três serviços do diário do Mass da Elite de Dymatize; um na manhã, outro na tarde, e um serviço final nas horas de dormir (20-30 minutos antes de ir dormir).

R) ПРЕДЛОЖЕННАЯ ПОЛЪЗА: Как диетическое дополнение, добавьте 4 ветроуповителя Mass элты Dymatize до 16 оз. холодной воды или молока. Смешивание тщательно. Mass элты Dymatize сильно сконцентрирован, и должино к своей мощи вы можете хотеть рассматривать использование 1/2 служя 2 или 3 времена в течении дня. Для типичной в увеличении максимального веса, примите до 3 сервисовки повседневности Mass элты Dymatize; одно в утре, другие в после полудня, и окончательная сервисовка на время ложиться спать (20-30 минут перед идти спать).

*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.

BUILDING BETTER BODIES®

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MANUFACTURED IN THE USA • EEC APPROVED • DYMATIZE ENTERPRISES, INC. • PLANT# 3005816913

TYPICAL AMINO ACID PROFILE PER 100 GRAMS OF PROTEIN

ESSENTIAL AMINO ACIDS		Isoleucine 6,060 mg	BCAA
		Leucine 10,240 mg	BCAA
		Lysine 9,980 mg	
		Methionine 2,070 mg	
		Phenylalanine 3,100 mg	
		Threonine 6,370 mg	
NON-ESSENTIAL AMINO ACIDS		Tryptophan# 1,650 mg	
		Valine 5710 mg	BCAA
		Alanine 4,920 mg	
		Arginine 2,400 mg	
		Aspartic Acid 10,340 mg	
		Cystine 2,660 mg	

NON-ESSENTIAL AMINO ACIDS		Glutamine & Precursors 17,070 mg	
		Glycine 1,680 mg	
		Histidine 1,700 mg	
		Proline 6,020 mg	
		Serine 5,000 mg	
		Tyrosine 3,210 mg	

Naturally occurring. Not added or manufactured.



Advanced Digestive
Enzyme Matrix

DYMATIZE
NUTRITION

ELITE MASS

Hi-Protein Anabolic Gainer

99%
SUGAR FREE

Sustained Release 55g Protein Matrix

100% Pure Pharmaceutical Grade
AjiPure® Glutamine & BCAAs

Creatine Fusion

Anabolic Lipid Complex

Sustained Carb Matrix with Waxy Maize

STRAWBERRIES & CREAM

NATURALLY & ARTIFICIALLY FLAVORED

NET WT 6 LBS (2722g)

DIETARY
SUPPLEMENT



Supplement Facts

Serving Size: 4 Scoops (150g)
Servings Per Container: 18+

Amount per Serving:

Calories 600

Calories from Fat 60

	% DV *		% DV *
Total Fat 6g	9%	Potassium 460mg	13%
Saturated Fat 1g	5%	Total Carbohydrate 77g	26%
Trans Fat 0g	0%	Dietary Fiber 2g	8%
Cholesterol 40mg	12%	Sugar <1g	
Sodium 135mg	6%	Protein 55g	110%

	%DV*		%DV*
Vitamin A	40%	Vitamin C	50%
Calcium	60%	Iron	4%
Vitamin D	25%	Vitamin E	45%
Riboflavin	20%	Thiamine	30%
Vitamin B6	40%	Niacin	45%
Vitamin B12	20%	Folate	45%
Pantothenic Acid	50%	Biotin	35%
Iodine	30%	Phosphorus	30%
Zinc	30%	Magnesium	20%
Chromium	45%	Selenium	50%
		Chloride	20%

* Percent (DV) Daily Values are based on a 2,000 calorie diet.

** Daily Value (DV) not established.

ELITE MASS SUSTAINED RELEASE PROTEIN MATRIX: (Whey Protein (Concentrate and Isolate), Milk Protein, Calcium Caseinate, Egg Protein, L-Leucine, L-Valine, L-Isoleucine (BCAAs), Glutamine)

SUSTAINED COMPLEX CARBOHYDRATE MATRIX: Made up of the Highest Long Linear Chain and Very Low DE (Dextrose Equivalence) Available from Maltodextrin (Greater than 97% Sugar-Free), Waxy Maize, Oat Powder

ANABOLIC LIPID COMPLEX: (Sun Flower Oil, Medium Chain Triglycerides [MCTs], Flax Seed Oil, Borage Oil, CLA (Conjugated Linoleic Acid), Evening Primrose Oil

CREATINE FUSION: Creatine Monohydrate & Kre-Alkalyn®

VITAMIN & MINERAL BLEND: Potassium Chloride, Vitamin A Palmitate, Calcium Pantothenate, Vitamin D3, Ascorbic Acid, D-Alpha Tocopheryl Acetate, Sodium Chloride, Nicotinamide, Zinc Oxide, Pyridoxine Hydrochloride, Thiamine Hydrochloride, Riboflavin, Folic Acid, Biotin, Potassium Iodide, Beta Carotene, Brewer's Yeast, GTF Chromium Yeast, Spirulina, Cyanocobalamin)

OTHER INGREDIENTS: Natural & Artificial Flavors, Acacia Gum, Fibersol®-2, Silicon Dioxide, Sucralose. Contains Milk and Egg.



'Elite Mass' uses 100% Pure
Pharmaceutical Grade AjiPure® Glutamine & BCAAs

Consult with a physician prior to use if you have any medical conditions. Do not use if pregnant or lactating. Use only as directed. KEEP OUT OF THE REACH OF CHILDREN.

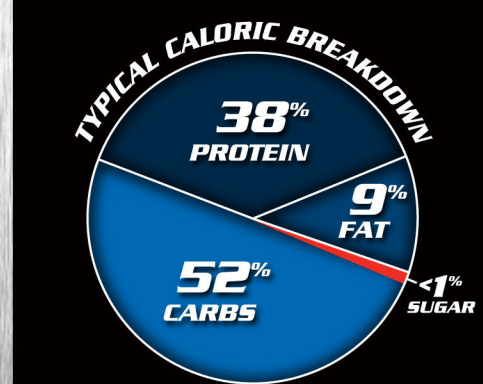
Valeur nutritive pour dose (100g/150g) / Información nutricional por ración (100g/150g) / Voedingswaarden per dosering (100g/150g) / Nährwertinformation pro dosierung (100g/150g) / Valori Nutrizionali per dose (100g/150g)	100g	150g
Valeur énergétique/Caloría/Calorieën/Brennwert/Calorie	1675kJ/400kcal	2512kJ/600kcal
Proteins/Proteínas/Proteïnen/Eiweiß/Proteine	57 gram	85 gram
Glucides/Carbohidratos/Koolhydraten/Kohlenhydrate/Carboidrati	91 gram	136 gram
Matières Grasses/Grasa/Vetten/Fett/Grassi	4 gram	6 gram

Dymatize Elite Mass is a powerful mass-gaining support formula designed for packing size on the hardest gainers and helping the hardcore recover from intense workouts. This potent formula helps deliver more calories and protein, gram for gram. Each serving delivers a massive 600 calories, with 55 grams of ultra high quality protein, plus Glutamine, Creatine Fusion, a Branch Chain Amino Acid Blend and a comprehensive vitamin and mineral blend with an anabolic lipid complex! All in each serving!X

Dymatize Elite Mass uses a special blend of cross-flow, microfiltered, cold-processed, ion-exchanged whey isolate and concentrate, calcium caseinate and egg proteins. This protein blend provides a superior amino acid profile, unbeatable bioavailability, is low in lactose and is 100% instantized for easy mixing without a blender. **Dymatize Elite Mass** also contains a sustained complex carbohydrate matrix with waxy maize, to help fuel and help support weight training. Fat, often times neglected by some, is a highly concentrated energy source (more than double that of protein or carbohydrates), and makes up an important part of **Dymatize Elite Mass**. Fat is a necessary component of all cell membranes, nerve covering, digestive secretions and most importantly, hormone production. A diet too low in fats may actually impair growth. For these reasons, an anabolic lipid complex is part of the **Dymatize Elite Mass** formula. Most of these fats are from Sun Flower Oil, MCTs, Flax Seed Oil, Borage Oil and CLA. In addition, Creatine Fusion, Glutamine plus the BCAA Amino Acids (L-Leucine, L-Leucine and L-Valine) have been added to optimize each strength-training workout while a complete vitamin and mineral profile helps to insure your body gets the balanced nutrition it needs.X

Dymatize Elite Mass supplies you with the tools you need to pack on the pounds and develop the physique you've always wanted. Each serving of **Elite Mass** contains 600 mass building calories. For best results, combine with a sensible diet and an intense training program.X

Dymatize Elite Mass powder is prepared to ensure the highest potency, freshness and maximum nitrogen availability.X



*Not including additional natural sugars provided by whey protein and milk protein. Fibersol®-2 is a registered trademark of Matsutani Chemical Industry Co., Ltd. Zytrix® is a registered trademark of Custom Nutritional Laboratories. AjiPure® is a registered trademark of Ajinomoto AminoScience LLC. Kre-Alkalyn® (Buffered Creatine Patent# 6,399,661) Kre-Alkalyn® is a registered trademark of Biocultural Research & Development Laboratory (BR&D)