

DYMATIZE
NUTRITION



SUPER MASS GAINER

CALORIES
1,900
KCAL*

PROTEIN
83
GRAMS*

BCAAs
17
GRAMS*

VITAMINS
22
& MINERALS

*PER SERVING WITH 32oz. WHOLE MILK

COOKIES & CREAM

NATURALLY & ARTIFICIALLY FLAVORED



NET WT 6 LBS (2.7 kg)

DIETARY
SUPPLEMENT

Supplement Facts

Serving Size: 2 1/4 Scoops (339 g) Servings Per Container: About 8

	With 32oz Water		With 32oz Whole Milk	
	Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Calories	1300		1900	
Calories from Fat	80		370	
Total Fat	9 g	14%*	41 g	63%*
Saturated Fat	2 g	10%*	20 g	100%*
Cholesterol	105 mg	35%	205 mg	68%
Total Carbohydrate	251 g	84%*	298 g	99%*
Dietary Fiber	3 g	12%*	3 g	12%*
Sugars	25 g		72 g	
Protein	52 g	104%*	83 g	166%*
Vitamin A	3200 IU	64%	4700 IU	94%
Vitamin C	60 mg	100%	60 mg	100%
Vitamin D	180 IU	45%	200 IU	50%
Vitamin E	21 IU	70%	21 IU	70%
Thiamin	0.8 mg	50%	1.2 mg	77%
Riboflavin	0.9 mg	50%	2.3 mg	138%
Niacin	15 mg	75%	15 mg	75%
Vitamin B6	1.5 mg	75%	1.8 mg	90%
Folate	400 mcg	100%	440 mcg	110%
Vitamin B12	1.8 mcg	30%	5.8 mcg	97%
Biotin	225 mcg	75%	225 mcg	75%
Pantothenic Acid	9 mg	90%	12 mg	120%
Calcium	1000 mg	100%	2100 mg	210%
Iron	1.8 mg	10%	2 mg	11%
Phosphorus	750 mg	75%	1550 mg	155%
Iodine	90 mcg	60%	90 mcg	60%
Magnesium	70 mg	18%	160 mg	40%
Zinc	10.5 mg	70%	13.5 mg	90%
Selenium	70 mcg	100%	100 mcg	143%
Chromium	90 mcg	75%	90 mcg	75%
Sodium	500 mg	21%	900 mg	38%
Potassium	730 mg	21%	1930 mg	55%
Creatine Monohydrate	1500 mg	**	1500 mg	**
Zytrix® Advanced Digestive Enzyme Blend (Protease, Lipase, Lactase)	250 mg	**	250 mg	**

* Percent Daily Values (%DV) are based on a 2,000 calorie diet.
** Daily Value not established.

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

*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.

Maximize Muscle Mass Growth with Super Mass Gainer

Essential Nutrition to Build Mass and Muscle. Gaining mass is harder for some than others. Having a faster metabolism and on-the-go lifestyle makes it difficult to get the calories and protein you need for muscle growth. **Super Mass Gainer** provides 1,900 calories and 83 grams of high-quality proteins (with 32oz. whole milk) including whey protein isolate, hydrolyzed whey protein, and micellar casein, to deliver the nutrition you need in one convenient serving.

Loaded with Additional Muscle Fuel. Each serving of **Super Mass Gainer** delivers 17 grams of Branched-Chain Amino Acids (BCAAs), which are depleted during intense training, and act directly in muscles to help promote the building of protein and speed recovery. **Super Mass Gainer** also delivers 7.7 grams of L-Leucine, the BCAA that is directly involved in activating muscle protein synthesis, the process that builds your muscles and allows you to get stronger. In addition to a comprehensive blend of critical amino acids, **Super Mass Gainer** provides you with 1.5 grams of Creatine Monohydrate as well as a full vitamin and mineral blend, all to support accelerated muscle gains.

Delicious Taste. Dymatize has taken flavor to a whole new level! Our in-house flavor specialists worked long and hard to create even more decadent flavors we know you will enjoy. **Super Mass Gainer**, the reward you deserve for all your hard work and dedication. So rich and delicious that you will look forward to the next shake.

YOUR AMBITION. OUR NUTRITION.™

DYMATIZE NUTRITION®

DIRECTIONS FOR USE: Add 2 1/4 scoops of Super Mass Gainer to 24-32 oz. of water or 32 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 1/2 serving or less. Shake for 30-45 seconds to allow for proper mixing.

INGREDIENTS: Maltodextrin, Protein Blend (Whey Protein Concentrate, Milk Protein Isolate, Whey Protein Isolate, Whey Protein Hydrolysate, Micellar Casein, Egg Albumin), Cocoa Processed with Alkali, Sunflower Creamer (Sunflower Oil, Maltodextrin, Sodium Caseinate, Mono & Diglycerides, Natural Tocopherols and Tri-Calcium Phosphate), Cookie Pieces (Sugar, Corn Cereal, Corn Syrup, Modified Food Starch, Partially Hydrogenated Vegetable Oil (Cottonseed and/or Soybean), Cocoa processed with Alkali, Natural and Artificial Flavor, Tricalcium Phosphate), Natural and Artificial Flavor, Fructose, Vitamin & Mineral Blend (Vitamin A Palmitate, Cholecalciferol, Calcium Phosphate, Sodium Ascorbate, d-Alpha Tocopheryl Acetate, Nicotinamide, Calcium D-Pantothenate, Zinc Oxide, Pyridoxine Hydrochloride, Thiamin Hydrochloride, Folic Acid, Biotin, Riboflavin, Potassium Iodide, Cyanocobalamin, Chromium Chloride, Sodium Selenite), Gum Blend (Cellulose Gum, Xanthan Gum, Carrageenan), Potassium Chloride, Soy Lecithin, Acesulfame Potassium, Sucralose.

Contains Milk, Egg and Soy.

Manufactured & Distributed by:
Dymatize Enterprises, LLC
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DYMATIZE.COM

TYPICAL AMINO ACID PROFILE*

ESSENTIAL AMINO ACIDS	
Leucine (BCAA)	7,753 mg
Isoleucine (BCAA)	4,483 mg
Valine (BCAA)	5,425 mg
Histidine	2,093 mg
Lysine	5,092 mg
Methionine	1,941 mg
Phenylalanine	4,071 mg
Threonine	3,931 mg
Tryptophan	1,066 mg
CONDITIONALLY ESSENTIAL	
Glutamine*	10,395 mg
Arginine	3,595 mg
Cysteine	3,463 mg
Glycine	828 mg
Tyrosine	1,454 mg
NON-ESSENTIAL AMINO ACIDS	
Aspartic Acid	7,131 mg
Alanine	2,895 mg
Proline	5,684 mg
Serine	4,356 mg

*Includes Glutamic Acid

STORAGE: Store in a cool, dry place.
ASPARTAME 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. Notice: Use this product as a food supplement only. Do not use for weight reduction.

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