

Supplement Facts Maximize Muscle Mass Growth with Super Mass Gainer! Essential Nutrition to Build Mass and Muscle. Gaining mass is harder for some

Serving Size: 2 Heaping Scoops (339 g) Servings Per Container: About 8

	With 24oz 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	85 mg	28%	180 mg	60%
Total Carbohydrate	252 g	84%*	299 g	100%
Dietary Fiber	3 g	12%*	3 g	12%
Sugars	26 g	**	73 g	**
Protein	52 g	104%	83 g	166%
Vitamin A	3200 IU	64%	4700 IU	94%
Vitamin C	52 mg	87%	52 mg	87%
Vitamin E	21 IU	70%	21 IU	70%
Thiamin	0.6 mg	40%	1 mg	67%
Riboflavin	0.1 mg	6%	1.8 mg	106%
Niacin	15 mg	75%	15 mg	75%
Vitamin B6	1.5 mg	75%	1.8 mg	90%
Folate	340 mcg	85%	380 mcg	95%
Vitamin B12	1.8 mcg	30%	5.8 mcg	97%
Pantothenic Acid	8 mg	80%	11 mg	110%
Calcium	1100 mg	110%	2100 mg	210%
Iron	1 mg	6%	1 mg	6%
Phosphorus	650 mg	65%	1450 mg	145%
lodine	150 mcg	100%	150 mcg	100%
Magnesium	85 mg	21%	175 mg	44%
Sodium	410 mg	17%	830 mg	35%
Potassium	740 mg	21%	2000 mg	57%
Creatine Monohydrate	1.5 g	**	1.5 g	**
Zytrix® Advanced Enzyme Blend (Protease, Lipase, Lactase)	250 mg	**	250 mg	**

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

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.

XThese 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

need in one convenient serving.

Contains: Milk, Egg, Soy (Lecithin)

than others. Having a faster metabolism and on-the-go lifestyle makes it difficult to get ESSENTIAL AMINO ACIDS the calories and protein you need for muscle growth. Super Mass Gainer provides 1,900 alories and 83 grams of high-quality proteins (with 32oz. whole milk) including whey

Loaded with Additional Muscle Fuel. Each serving of Super Mass Gainer elivers 17 grams of Branched-Chain Amino Acids (BCAAs), which are depleted during ntense 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 uscles and allows you to get stronger.x 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.x

protein isolate, hydrolyzed whey protein, and micellar casein, to deliver the nutrition you

Delicious Taste. Dymatize has taken flavor to a whole new level! Our in-house flavor CONDITIONALLY ESSENTIAL 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 heaping scoops (approximately 2 ¼) 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), Sunflower Creamer (Sunflower Oil, Sodium Caseinate, Mono & Diglycerides, Natural Tocopherols and Tricalcium Phosphate), Cookie Pieces (Sugar, Corn Cereal, Corn Syrup, Modified Food Starch, Partially Hydrogenated Vegetable Oil (Cottonseed and/or Soybean), Cocoa Powder (Processed with Alkali), Natural and Artificial Flavor, Tricalcium Phosphate), Natural and Artificial Flavors, Fructose, Vitamin & Mineral Blend (Tricalcium Phosphate (Calcium), Sodium Ascorbate (Vitamin C), D-Alpha Tocopheryl Acetate (Vitamin E) Niacinamide (Vitamin B3), Retinol Palmitate (Vitamin A), Calcium-D-Pantothenate (Vitamin B5), Potassium Iodide (Iodine), Folic Acid (Vitamin B9), Pyridoxine Hydrochloride (Vitamin B6), Thiamine Hydrochloride (Vitamin B1), Riboflavin (Vitamin B2), Cyanocobalamin (Vitamin B12)), Gum Blend (Cellulose Gum, Xanthan Gum, Carrageenan), Potassium Chloride, Acesulfame Potassium, Sucralose.

> Manufactured & Distributed by: Dymatize Enterprises, LLC Dallas, TX 75234 USA (888) 334-LEAN DYMATIZE.COM

TYPICAL AMINO ACID PROFILE

1.941 mg 4,071 m

6,092 mg

3,931 mg

3,463 mg

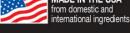
NON-ESSENTIAL AMINO ACIDS

Aspartic Acid 7,131 m 6,684 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 i pregnant or lactating. Use only as directed. only. Do not use for weight reduction.

^{**} Daily Value not established.