TRY OUR FULL LINE OF FLAVORS!

GOURMET VANILLA

Supplement Facts

Serving Size: 2 1/4 Scoops (338 g)
Servings Per Container: About 15

	With 2%Milk		With 32oz Whole Milk	
	Amount per Serving	% Daily Value*	Amount per Serving	% Daily Value*
Calories	1300		1900	
Calories from Fat	30		370	
Total Fat	3 g	12%†	41 g	63%†
Saturated Fat	1.5 g	8%†	20 g	100%†
Cholesterol	6 mg	3%	190 mg	63%
Total Carbohydrate	252 g	84%†	300 g	100%†
Dietary Fiber	3 g	12%†	3 g	12%†
Sugars	25 g		73 g	
Protein	52 g	104%†	83 g	166%†
Vitamin A	5200 IU	54%	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	7.5 mg	75%	12 mg	120%
Calcium	1600 mg	160%	2100 mg	210%
Iron	2 mg	10%	2 mg	10%
Phosphorus	750 mg	75%	1000 mg	100%
Iodine	90 mcg	60%	90 mcg	60%
Magnesium	70 mg	18%	160 mg	40%
Zinc	11 mg	75%	15 mg	99%
Selenium	70 mcg	100%	100 mcg	143%
Chromium	36 mcg	75%	36 mcg	45%
Sodium	500 mg	21%	820 mg	34%
Potassium	700 mg	20%	1900 mg	54%
Creatine Monohydrate	1.5 g		1.5 g	
Zytrin® Digestive Enzyme Blend (Protease, Lipase, Lactase)	250 mg	**	250 mg	**

*Based on 2,000 calorie diet. ‡Percent Daily Values (%DV) 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, Egg Albumin), Sunflower Creamer (Sunflower Oil, Maltodextrin, Sodium Caseinate, Mono & Diglycerides, Natural Tocopherols and Tri-Calcium Phosphate), Fructose, Natural and Artificial Flavors, Vitamin & Mineral Blend (Vitamin A Palmitate, Cholecalciferol, Calcium Phosphate, Sodium Ascorbate, d-Alpha Tocopheryl Acetate, Nicotinamide, Calcium D-Pantothenate, Zinc Oxide, Pyridoxine Hydrochloride, Vitamin Hydrochloride, Vitamin B12, Biotin, Thiamin Hydrochloride, Riboflavin, Phosphoric Acid, Cupric Gluconate, Chromium Chloride, Sodium Selenite), Gum Blend (Cellulose Gum, Xanthan Gum, Carrageenan), Potassium Chloride, Soy Lecithin, Acesulfame Potassium, Sucralose.

Contains Milk, Egg and Soy.

7 05016 33124 7

RICH CHOCOLATE

Supplement Facts

Serving Size: 2 1/4 Scoops (340 g)
Servings Per Container: About 15

	With 2%Milk		With 32oz Whole Milk	
	Amount per Serving	% Daily Value*	Amount per Serving	% Daily Value*
Calories	1300		1900	
Calories from Fat	60		380	
Total Fat	10 g	15%†	42 g	65%†
Saturated Fat	2.5 g	12%†	21 g	105%†
Cholesterol	15 mg	5%	200 mg	67%
Total Carbohydrate	254 g	85%†	302 g	100%†
Dietary Fiber	5 g	20%†	5 g	20%†
Sugars	25 g		72 g	
Protein	52 g	104%†	83 g	166%†
Vitamin A	5200 IU	64%	4700 IU	54%
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	1600 mg	160%	2100 mg	210%
Iron	4.8 mg	27%	5 mg	28%
Phosphorus	750 mg	75%	1000 mg	100%
Iodine	90 mcg	60%	90 mcg	60%
Magnesium	125 mg	31%	215 mg	54%
Zinc	10.5 mg	70%	13.5 mg	90%
Selenium	70 mcg	100%	100 mcg	143%
Chromium	36 mcg	75%	36 mcg	75%
Sodium	500 mg	21%	905 mg	38%
Potassium	1000 mg	34%	2400 mg	71%
Creatine Monohydrate	1.5 g		1.5 g	
Zytrin® Digestive Enzyme Blend (Protease, Lipase, Lactase)	250 mg	**	250 mg	**

*Based on 2,000 calorie diet. ‡Percent Daily Values (%DV) 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, Egg Albumin), Cocoa Processed with Alkali, Sunflower Creamer (Sunflower Oil, Maltodextrin, Sodium Caseinate, Mono & Diglycerides, Natural Tocopherols and Tri-Calcium Phosphate), Fructose, Natural and Artificial Flavors, Vitamin & Mineral Blend (Vitamin A Palmitate, Cholecalciferol, Calcium Phosphate, Sodium Ascorbate, d-Alpha Tocopheryl Acetate, Nicotinamide, Calcium D-Pantothenate, Zinc Oxide, Pyridoxine Hydrochloride, Vitamin Hydrochloride, Vitamin B12, Biotin, Thiamin Hydrochloride, Riboflavin, Phosphoric Acid, Cupric Gluconate, Chromium Chloride, Sodium Selenite), Gum Blend (Cellulose Gum, Xanthan Gum, Carrageenan), Potassium Chloride, Soy Lecithin, Acesulfame Potassium, Sucralose.

Contains Milk, Egg and Soy.

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STRAWBERRY

Supplement Facts

Serving Size: 2 1/4 Scoops (340 g)
Servings Per Container: About 15

	With 2%Milk		With 32oz Whole Milk	
	Amount per Serving	% Daily Value*	Amount per Serving	% Daily Value*
Calories	1300		1900	
Calories from Fat	30		370	
Total Fat	3 g	14%†	41 g	63%†
Saturated Fat	1.5 g	8%†	20 g	100%†
Cholesterol	105 mg	35%	205 mg	68%
Total Carbohydrate	252 g	84%†	299 g	99%†
Dietary Fiber	3 g	12%†	3 g	12%†
Sugars	25 g		72 g	
Protein	52 g	104%†	83 g	166%†
Vitamin A	5200 IU	64%	4700 IU	54%
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	1600 mg	160%	2100 mg	210%
Iron	1.8 mg	10%	2 mg	11%
Phosphorus	750 mg	75%	1000 mg	100%
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	36 mcg	75%	36 mcg	75%
Sodium	500 mg	21%	800 mg	33%
Potassium	700 mg	20%	1900 mg	54%
Creatine Monohydrate	1.5 g		1.5 g	
Zytrin® Digestive Enzyme Blend (Protease, Lipase, Lactase)	250 mg	**	250 mg	**

*Based on 2,000 calorie diet. ‡Percent Daily Values (%DV) 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, Egg Albumin), Sunflower Creamer (Sunflower Oil, Maltodextrin, Sodium Caseinate, Mono & Diglycerides, Natural Tocopherols and Tri-Calcium Phosphate), Fructose, Natural and Artificial Flavors, Vitamin & Mineral Blend (Vitamin A Palmitate, Cholecalciferol, Calcium Phosphate, Sodium Ascorbate, d-Alpha Tocopheryl Acetate, Nicotinamide, Calcium D-Pantothenate, Zinc Oxide, Pyridoxine Hydrochloride, Vitamin Hydrochloride, Vitamin B12, Biotin, Thiamin Hydrochloride, Riboflavin, Phosphoric Acid, Cupric Gluconate, Chromium Chloride, Sodium Selenite), Gum Blend (Cellulose Gum, Xanthan Gum, Carrageenan), Potassium Chloride, Soy Lecithin, Citric Acid, FD&C Red 40, Acesulfame Potassium, Sucralose.

Contains Milk, Egg and Soy.

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BANANA SMOOTHIE

Supplement Facts

Serving Size: 2 1/4 Scoops (340 g)
Servings Per Container: About 15

	With 2%Milk		With 32oz Whole Milk	
	Amount per Serving	% Daily Value*	Amount per Serving	% Daily Value*
Calories	1300		1900	
Calories from Fat	30		370	
Total Fat	3 g	14%†	41 g	63%†
Saturated Fat	1.5 g	8%†	20 g	100%†
Cholesterol	105 mg	35%	205 mg	68%
Total Carbohydrate	252 g	84%†	298 g	99%†
Dietary Fiber	3 g	12%†	3 g	12%†
Sugars	26 g		72 g	
Protein	52 g	104%†	83 g	166%†
Vitamin A	5200 IU	64%	4700 IU	54%
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	1600 mg	160%	2100 mg	210%
Iron	1.8 mg	10%	2 mg	11%
Phosphorus	750 mg	75%	1000 mg	100%
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	36 mcg	75%	36 mcg	75%
Sodium	500 mg	21%	800 mg	33%
Potassium	700 mg	20%	1900 mg	54%
Creatine Monohydrate	1.5 g		1.5 g	
Zytrin® Digestive Enzyme Blend (Protease, Lipase, Lactase)	250 mg	**	250 mg	**

*Based on 2,000 calorie diet. ‡Percent Daily Values (%DV) 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, Egg Albumin), Sunflower Creamer (Sunflower Oil, Maltodextrin, Sodium Caseinate, Mono & Diglycerides, Natural Tocopherols and Tri-Calcium Phosphate), Fructose, Natural and Artificial Flavors, Vitamin & Mineral Blend (Vitamin A Palmitate, Cholecalciferol, Calcium Phosphate, Sodium Ascorbate, d-Alpha Tocopheryl Acetate, Nicotinamide, Calcium D-Pantothenate, Zinc Oxide, Pyridoxine Hydrochloride, Vitamin Hydrochloride, Vitamin B12, Biotin, Thiamin Hydrochloride, Riboflavin, Phosphoric Acid, Cupric Gluconate, Chromium Chloride, Sodium Selenite), Gum Blend (Cellulose Gum, Xanthan Gum, Carrageenan), Potassium Chloride, Soy Lecithin, Acesulfame Potassium, Sucralose.

Contains Milk, Egg and Soy.

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COOKIES & CREAM

Supplement Facts

Serving Size: 2 1/4 Scoops (339 g)
Servings Per Container: About 15

	With 2%Milk		With 32oz Whole Milk	
	Amount per Serving	% Daily Value*	Amount per Serving	% Daily Value*
Calories	1300		1900	
Calories from Fat	30		370	
Total Fat	3 g	14%†	41 g	63%†
Saturated Fat	1.5 g	8%†	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	5200 IU	64%	4700 IU	54%
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	1600 mg	160%	2100 mg	210%
Iron	1.8 mg	10%	2 mg	11%
Phosphorus	750 mg	75%	1000 mg	100%
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	36 mcg	75%	36 mcg	75%
Sodium	500 mg	21%	900 mg	38%
Potassium	700 mg	20%	1900 mg	54%
Creatine Monohydrate	1.5 g		1.5 g	
Zytrin® Digestive Enzyme Blend (Protease, Lipase, Lactase)	250 mg	**	250 mg	**

*Based on 2,000 calorie diet. ‡Percent Daily Values (%DV) 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, Egg Albumin), Sunflower Creamer (Sunflower Oil, Maltodextrin, Sodium Caseinate, Mono & Diglycerides, Natural Tocopherols and Tri-Calcium Phosphate), Cookie Pieces (Sugar, Corn Cereal, Corn Flour, Vegetable Oil (Hydrogenated Vegetable Oil (Cottonseed and/or Soybean), Cocoa Processed with Alkali, Natural and Artificial Flavor, Tricalcium Phosphate), Natural and Artificial Flavor, Vitamin & Mineral Blend (Vitamin A Palmitate, Cholecalciferol, Calcium Phosphate, Sodium Ascorbate, d-Alpha Tocopheryl Acetate, Nicotinamide, Calcium D-Pantothenate, Zinc Oxide, Pyridoxine Hydrochloride, Vitamin Hydrochloride, Vitamin B12, Biotin, Thiamin Hydrochloride, Riboflavin, Phosphoric Acid, Cupric Gluconate, Chromium Chloride, Sodium Selenite), Gum Blend (Cellulose Gum, Xanthan Gum, Carrageenan), Potassium Chloride, Soy Lecithin, Acesulfame Potassium, Sucralose.

Contains Milk, Egg and Soy.

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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.

Manufactured & Distributed by:
Dymatize Enterprises, LLC
Dallas, TX 75234 USA
(888) 334-LEAN / (214) 445-4864
DYMATIZE.COM

THIS PACKAGE CONTAINS ONLY THE FLAVOR INDICATED ON THE FRONT OF THE BOX.

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DYMATIZE® NUTRITION

DIRECTIONS FOR USE: Add 2 ½ 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.

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. NOTICE: Use this product as a food supplement only. Do not use for weight reduction.

DYMATIZE® NUTRITION

ZYMTRIX™ Advanced Enzyme Matrix

SUPER MASS GAINER

CALORIES	PROTEIN	BCAAs	VITAMINS
1,900	83	17	22
KCAL*	GRAMS*	GRAMS*	& MINERALS*

*PER SERVING WITH 32oz. WHOLE MILK

NET WT 12 LBS (5.4 kg)

DIETARY SUPPLEMENT

DYMATIZE® NUTRITION

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.[1] **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.[1] 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 growth.[1]

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** is 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®

TYPICAL AMINO ACID PROFILE[1]

ESSENTIAL AMINO ACIDS	
Leucine (BCAA)	7,755 mg
Valine (BCAA)	4,310 mg
Isoleucine (BCAA)	3,910 mg
Histidine	2,003 mg
Lysine	4,551 mg
Methionine	1,941 mg
Phenylalanine	4,071 mg
Threonine	3,551 mg
Tryptophan	1,006 mg
CONDITIONALLY ESSENTIAL	
Arginine	3,551 mg
Cysteine/Cystine	95,3 mg
Tyrosine	3,483 mg
Glutamine	5,551 mg
Glycine	1,935 mg
Taurine	1,034 mg
NON-ESSENTIAL AMINO ACIDS	
Aspartic Acid	7,131 mg
Alanine	2,895 mg
Serine	4,275 mg
Proline	4,206 mg

INFORMED-CHOICE Trusted by sport

DYMATIZE ENTERPRISES, LLC • BSC APPROVED • PLANT# 3000516913

[1]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.