TRY OUR FULL LINE OF FLAVORS!

GOURMET VANILLA

Supplement Facts

Serving Size 2 1/4 Scoops (538 g)
Servings Per Container: About 16

	With 2oz Water		With 32oz Whole Milk	
	Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Calories	1300		1900	
Calories from Fat	80		380	
Total Fat	9 g	12%*	42 g	63%*
Saturated Fat	1.5 g	8%*	20 g	100%*
Cholesterol	85 mg	28%	180 mg	60%
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	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	78%
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	125%
Calcium	1100 mg	110%	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%	180 mg	45%
Zinc	11 mg	75%	15 mg	99%
Selenium	70 mcg	100%	100 mcg	143%
Chromium	30 mcg	75%	30 mcg	75%
Sodium	500 mg	21%	920 mg	38%
Potassium	700 mg	20%	1900 mg	57%
Creatine Monohydrate	1.5 g	**	1.5 g	**
Zytrin® Digestive Enzyme Blend (Proteases, Lipase, Lactase)	250 mg	**	250 mg	**

* 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, Niacinamide, Calcium D-Pantothenate, Zinc Oxide, Pyridoxine Hydrochloride, Thiamin Mononitrate, Cyanocobalamin, Chromium Chloride, Sodium Selenite), Gum Blend (Cellulose Gum, Xanthan Gum, Carrageenan), Potassium Chloride, Soy Lecithin, Acesulfame Potassium, Sucralose.

Contains Milk, Egg and Soy.

RICH CHOCOLATE

Supplement Facts

Serving Size 2 1/4 Scoops (543 g)
Servings Per Container: About 16

	With 2oz Water		With 32oz Whole Milk	
	Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Calories	1300		1900	
Calories from Fat	80		380	
Total Fat	10 g	15%*	42 g	65%*
Saturated Fat	2.5 g	13%*	21 g	105%*
Cholesterol	85 mg	28%	180 mg	60%
Total Carbohydrate	254 g	85%*	302 g	100%*
Dietary Fiber	6 g	25%*	6 g	25%*
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	78%
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	125%
Calcium	1100 mg	110%	2100 mg	210%
Iron	4.8 mg	27%	6 mg	28%
Phosphorus	750 mg	75%	1000 mg	100%
Iodine	90 mcg	60%	90 mcg	60%
Magnesium	125 mg	31%	235 mg	54%
Zinc	12.5 mg	70%	13.5 mg	90%
Selenium	70 mcg	100%	100 mcg	143%
Chromium	30 mcg	75%	30 mcg	75%
Sodium	500 mg	21%	900 mg	38%
Potassium	1200 mg	34%	2400 mg	71%
Creatine Monohydrate	1.5 g	**	1.5 g	**
Zytrin® Digestive Enzyme Blend (Proteases, Lipase, Lactase)	250 mg	**	250 mg	**

* 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, Niacinamide, Calcium D-Pantothenate, Zinc Oxide, Pyridoxine Hydrochloride, Thiamin Mononitrate, Cyanocobalamin, Chromium Chloride, Sodium Selenite), Gum Blend (Cellulose Gum, Xanthan Gum, Carrageenan), Potassium Chloride, Soy Lecithin, Acesulfame Potassium, Sucralose.

Contains Milk, Egg and Soy.

STRAWBERRY

Supplement Facts

Serving Size 2 1/4 Scoops (540 g)
Servings Per Container: About 16

	With 2oz Water		With 32oz Whole Milk	
	Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Calories	1300		1900	
Calories from Fat	80		380	
Total Fat	9 g	14%*	41 g	63%*
Saturated Fat	1.5 g	8%*	20 g	100%*
Cholesterol	105 mg	35%	200 mg	68%
Total Carbohydrate	252 g	84%*	299 g	100%*
Dietary Fiber	3 g	12%*	3 g	12%*
Sugars	26 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	78%
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	125%
Calcium	1100 mg	110%	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%	180 mg	45%
Zinc	10.5 mg	70%	13.5 mg	90%
Selenium	70 mcg	100%	100 mcg	143%
Chromium	30 mcg	75%	30 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 (Proteases, Lipase, Lactase)	250 mg	**	250 mg	**

* 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, Niacinamide, Calcium D-Pantothenate, Zinc Oxide, Pyridoxine Hydrochloride, Thiamin Mononitrate, Cyanocobalamin, Chromium Chloride, Sodium Selenite), Gum Blend (Cellulose Gum, Xanthan Gum, Carrageenan), Potassium Chloride, Soy Lecithin, Acesulfame Potassium, Sucralose.

Contains Milk, Egg and Soy.

BANANA SMOOTHIE

Supplement Facts

Serving Size 2 1/4 Scoops (540 g)
Servings Per Container: About 16

	With 2oz Water		With 32oz Whole Milk	
	Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Calories	1300		1900	
Calories from Fat	80		380	
Total Fat	9 g	14%*	41 g	63%*
Saturated Fat	1.5 g	8%*	20 g	100%*
Cholesterol	105 mg	35%	200 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	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	78%
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	125%
Calcium	1100 mg	110%	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%	180 mg	45%
Zinc	10.5 mg	70%	13.5 mg	90%
Selenium	70 mcg	100%	100 mcg	143%
Chromium	30 mcg	75%	30 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 (Proteases, Lipase, Lactase)	250 mg	**	250 mg	**

* 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, Niacinamide, Calcium D-Pantothenate, Zinc Oxide, Pyridoxine Hydrochloride, Thiamin Mononitrate, Cyanocobalamin, Chromium Chloride, Sodium Selenite), Gum Blend (Cellulose Gum, Xanthan Gum, Carrageenan), Potassium Chloride, Soy Lecithin, Acesulfame Potassium, Sucralose.

Contains Milk, Egg and Soy.

COOKIES & CREAM

Supplement Facts

Serving Size 2 1/4 Scoops (539 g)
Servings Per Container: About 16

	With 2oz Water		With 32oz Whole Milk	
	Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Calories	1300		1900	
Calories from Fat	80		380	
Total Fat	9 g	14%*	41 g	63%*
Saturated Fat	1.5 g	8%*	20 g	100%*
Cholesterol	105 mg	35%	200 mg	68%
Total Carbohydrate	251 g	84%*	296 g	99%*
Dietary Fiber	3 g	12%*	3 g	12%*
Sugars	25 g	**	70 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	78%
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	125%
Calcium	1100 mg	110%	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%	180 mg	45%
Zinc	10.5 mg	70%	13.5 mg	90%
Selenium	70 mcg	100%	100 mcg	143%
Chromium	30 mcg	75%	30 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 (Proteases, Lipase, Lactase)	250 mg	**	250 mg	**

* 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, Bleached Wheat Flour (Wheat Flour, Malted Barley Flour), 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, Niacinamide, Calcium D-Pantothenate, Zinc Oxide, Pyridoxine Hydrochloride, Thiamin Mononitrate, Cyanocobalamin, Chromium Chloride, Sodium Selenite), Gum Blend (Cellulose Gum, Xanthan Gum, Carrageenan), Potassium Chloride, Soy Lecithin, Acesulfame Potassium, Sucralose.

Contains Milk, Egg and Soy.

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.

Zytrin® is a registered trademark of Custom Nutraceutical Laboratories.

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DYMATIZE NUTRITION

DIRECTIONS FOR USE: Add 2 ¼ 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.

Zytrin® Advanced Enzyme Matrix

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

SUPER MASS GAINER

CALORIES 1,900 KCAL* | PROTEIN 83 GRAMS* | BCAAs 17 GRAMS* | VITAMINS 22 & 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 52g+ whole milks) 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 7.2 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 growth.†

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®

TYPICAL AMINO ACID PROFILE†

ESSENTIAL AMINO ACIDS	
Leucine (BCAA)	7,200 mg
Valine (BCAA)	3,400 mg
Isoleucine (BCAA)	3,100 mg
Histidine	2,000 mg
Lysine	3,600 mg
Methionine	1,041 mg
Phenylalanine	4,071 mg
Threonine	2,811 mg
Tryptophan	1,006 mg
CONDITIONALLY ESSENTIAL	
Arginine	4,000 mg
Glutamic Acid	16,305 mg
Glycine	3,483 mg
Tyrosine	3,483 mg
NON-ESSENTIAL AMINO ACIDS	
Aspartic Acid	7,131 mg
Alanine	2,895 mg
Proline	6,966 mg
Serine	4,966 mg

INFORMED-CHOICE Trusted by sport

DYMATIZE ENTERPRISES, LLC • ISC APPROVED • PLANT# 3005016913

†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.