

# WHY SERIOUS MASS™?

WITH TWO HEAPING SCOOPS, YOU GET...

- 50 g of protein to support muscle building and recovery<sup>†‡</sup>
- 1,250 calories to support calorie surplus for weight and muscle building<sup>†‡</sup>
- 252 g of carbohydrate to support fueling of intense workouts and aid in replenishment of glycogen stores<sup>†</sup>
- 5 g of creatine monohydrate to support strength, power, and performance<sup>†‡</sup>
- Naturally Occurring Glutamine 8 g, Branched Chain Amino Acids 11 g and Essential Amino Acids 24 g
- Good source of 19 vitamins and minerals
- Vitamins A, C, E, and zinc help support a healthy immune system<sup>†</sup>
- B vitamins help convert food to cellular energy<sup>†</sup>



**STRENGTH TRAINING<sup>†</sup>**



**SUPPORTS PERFORMANCE<sup>†</sup>**



**SUPPORTS WEIGHT GAIN GOALS<sup>†</sup>**

OPTIMUM NUTRITION® has been trusted to provide the highest quality in post-workout recovery, pre-workout energy, and on-the-go sports nutrition for over 35 years and in 90+ countries. After careful supplier selection, ingredients are tested to assure purity, potency and composition. We hold ourselves to the highest production standards, all so you can unlock your body's full potential.

To find out more about the science and ingredients behind our products, visit [OPTIMUMNUTRITION.COM](http://OPTIMUMNUTRITION.COM).



# SERIOUS MASS™

**SUPPORTS MUSCLE BUILDING & WEIGHT GAIN<sup>†‡</sup>**

**50 G PROTEIN\***  
HELPS BUILD AND MAINTAIN MUSCLE<sup>†‡</sup>

**1,250 CALORIES**  
HELPS BOOST CALORIE INTAKE

**252 G CARBS**  
HELPS FUEL INTENSE WORKOUTS<sup>†</sup>

**BANANA** ARTIFICIALLY FLAVORED

PROTEIN POWDER SUPPLEMENT

NET WT 6 LB (2.72 KG) 8 SERVINGS

\*SEE NUTRITION INFORMATION FOR SAT FAT, CHOLESTEROL AND SODIUM CONTENT †WHEN TAKEN OVER TIME IN ADDITION TO NORMAL CALORIE INTAKE AND REGULAR WEIGHT RESISTANCE TRAINING

## Supplement Facts

Serving Size 340 g (About 2 Heaping Scoops)  
Servings Per Container 8

	Amount Per Serving	% Daily Value
Calories	1250	
Total Fat	5 g	6%*
Saturated Fat	3 g	15%*
Cholesterol	200 mg	67%*
Total Carbohydrate	252 g	92%*
Total Sugars	31 g	**
Includes 10g Added Sugars 20%*		
Protein	50 g	100%*
Vitamin A (as vitamin A acetate)	340 mcg	38%
Vitamin C (as sodium ascorbate)	30 mg	33%
Vitamin E (as dl-alpha tocopheryl acetate)	4 mg	27%
Thiamin (as thiamin hydrochloride)	0.4 mg	33%
Riboflavin	0.9 mg	69%
Niacin (as niacinamide)	4 mg	25%
Vitamin B6 (as pyridoxine hydrochloride)	0.4 mg	24%
Folate (as folic acid)	170 mcg DFE (100 mcg folic acid)	43%
Vitamin B12 (as cyanocobalamin)	1.65 mcg	69%
Biotin (as d-biotin)	60 mcg	200%
Pantothenic Acid (as d-calcium pantothenate)	3 mg	60%
Calcium (as calcium carbonate, calcium phosphate)	700 mg	54%
Iron (as ferrous fumarate)	5.8 mg	32%
Iodine (as potassium iodide)	23 mcg	15%
Magnesium (as magnesium phosphate)	145 mg	35%
Zinc (as zinc oxide)	3 mg	27%
Copper (as copper gluconate)	0.4 mg	44%
Manganese (as manganese sulfate)	0.4 mg	17%
Sodium	670 mg	29%
Potassium	930 mg	20%
Creatine Monohydrate	5 g	**

\*Percent Daily Values are based on a 2,000 calorie diet.  
\*\*Daily Value not established.

**OTHER INGREDIENTS:** Maltodextrin, Whey Protein Concentrate, Natural and Artificial Flavor, Sunflower and/or Soy Lecithin, Malic Acid, Acesulfame Potassium, Sucralose, Yellow 5.

**CONTAINS: MILK AND SOY.**

MANUFACTURED FOR GLANBIA PERFORMANCE NUTRITION (NA), INC.  
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**340 GRAMS**  
(ABOUT 2 HEAPING SCOOPS)  
SERIOUS MASS™  
PROTEIN POWDER



**24 FL OZ**  
COLD WATER,  
MILK OR OTHER  
BEVERAGE



**30-45 SECONDS**  
BLEND UNTIL  
DISSOLVED

TIPS: New users may find it beneficial to begin with ½ of a serving for the first week and then gradually increase to 1 serving.

SERIOUS MASS™ is designed to provide SERIOUS calories, protein and carbohydrates - making this a convenient way to get extra calories throughout your day.

Check out [OPTIMUMNUTRITION.COM](http://OPTIMUMNUTRITION.COM) for recipes and training tips.

Suggested Use: For best results, consume 2 scoop serving regularly over time in combination with regular resistance exercise.

WARNING: CONSULT YOUR PHYSICIAN BEFORE USING THIS PRODUCT IF YOU ARE TAKING ANY MEDICATIONS OR ARE UNDER A PHYSICIAN'S CARE FOR A MEDICAL CONDITION. NOT FOR USE BY THOSE UNDER THE AGE OF 18 OR WOMEN WHO ARE PREGNANT, TRYING TO GET PREGNANT, OR ARE NURSING.



**AUTHENTIC OPTIMUM NUTRITION PRODUCT**  
[OPTIMUMNUTRITION.COM/AUTHENTIC](http://OPTIMUMNUTRITION.COM/AUTHENTIC)



**MANUFACTURED IN THE USA**  
THIS PRODUCT CONTAINS INGREDIENTS OF INTERNATIONAL AND U.S. ORIGIN



US ONLY  
OPTIMUM NUTRITION IS A PROUD PARTNER WITH HOW2RECYCLE.

\*SEE NUTRITION INFORMATION FOR SAT FAT, CHOLESTEROL AND SODIUM CONTENT  
†WHEN TAKEN OVER TIME IN ADDITION TO NORMAL CALORIE INTAKE AND REGULAR WEIGHT RESISTANCE TRAINING

\*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.



AT TIME OF FILL  
AFTER SETTLING  
**CONTENTS SOLD BY WEIGHT NOT VOLUME. SETTLING WILL OCCUR.**

STORE IN A COOL, DRY PLACE.

SERVING SCOOP INCLUDED, BUT MAY SETTLE TO THE BOTTOM DURING SHIPPING.



**FPO UPC**  
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