

SERIOUS MASS™

HIGH PROTEIN MUSCLE BUILDING & WEIGHT GAIN FORMULA*

50g PROTEIN*
HELPS BUILD AND MAINTAIN MUSCLE**

1,260 CALORIES
HELPS BOOST CALORIE INTAKE

251g CARBS
HELPS FUEL INTENSE WORKOUTS*

BANNED SUBSTANCE TESTED

CHOCOLATE PEANUT BUTTER ARTIFICIALLY FLAVORED

PROTEIN POWDER SUPPLEMENT NET WT 12 LB (5.44 KG) 16 SERVINGS

*SEE SUPPLEMENT FACTS FOR SODIUM AND CHOLESTEROL CONTENT
**WHEN TAKEN IN ADDITION TO NORMAL CALORIE INTAKE AND REGULAR WEIGHT RESISTANCE TRAINING

WHY SERIOUS MASS™?

- 50g of protein to support muscle building and recovery**
- 1,260 calories to support calorie surplus for weight and muscle building**
- 251g of carbohydrate to support fueling of intense workouts and aid in replenishment of glycogen stores*
- 3g of creatine monohydrate to support performance**
- Naturally Occurring Glutamine 8g, Branched Chain Amino Acids 1g and Essential Amino Acids 24g
- Good source of 22 vitamins and minerals
- Vitamins C, E, and zinc help support a healthy immune system*
- B vitamins help convert food to cellular energy*



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 30 years and in 90+ countries. After careful supplier selection, each ingredient is tested to assure exceptional 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.

ABOUT 2 HEAPING SCOOPS 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 1/2 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 for recipes and training tips.

SCALE UP YOUR SERIOUS MASS™

ABOUT 1 HEAPING SCOOP

ABOUT 2 HEAPING SCOOPS

25g PROTEIN
630 CALORIES
1,260 CALORIES
251g CARBS

50g PROTEIN
1,260 CALORIES
251g CARBS

AUTHENTIC PRODUCT
OPTIMUMNUTRITION.COM/AUTHENTIC



Suggested Use: For healthy adults, consume enough protein to meet your daily protein requirements with a combination of high protein foods and protein supplements throughout the day as part of a balanced diet and exercise program.

*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.

STORAGE: STORE IN A COOL, DRY PLACE.
MANUFACTURED BY OPTIMUM NUTRITION, INC.
3500 Lacey Road, Suite 1200
Dowerys Grove, IL 60515
1 (800) 705-5226



WARNINGS: 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.

Date Code



CONTENTS SOLD BY WEIGHT NOT VOLUME.
SERVING SCOOP INCLUDED, BUT MAY SETTLE TO THE BOTTOM DURING SHIPPING.

OTHER INGREDIENTS: Maltodextrin, Whey Protein Concentrate, Cocoa Powder (Processed with Alkali), Natural and Artificial Flavors, Sunflower and/or Soy Lactin, Creamer (Sunflower Oil, Maltodextrin, Modified Food Starch, Dipotassium Phosphate, Tricalcium Phosphate, Tocopherol), Salt, Sucralose, Acesulfame Potassium.

Supplement Facts	
Amount Per Serving	% Daily Value
Calories 630	12.60%
Total Fat 18g	36%
Saturated Fat 3.5g	7%
Cholesterol 200mg	40%
Total Carbohydrate 251g	50.2%
Dietary Fiber 4g	8%
Total Sugars 143g	28.6%
Includes 10g Added Sugars	20%
Protein 50g	100%
Vitamin C (as ascorbic acid) 60mg	67%
Vitamin D (as cholecalciferol) 5mg	25%
Vitamin E (as d-alpha-tocopheryl succinate) 20mg	133%
Thiamin (as thiamin mononitrate) 4.8mg	405%
Riboflavin 4mg	308%
Niacin (as niacinamide) 50mg	319%
Vitamin B6 (as pyridoxine hydrochloride) 5mg	294%
Folate (as folic acid) 680mcg DFE	170%
Vitamin B12 (as cyanocobalamin) 10mcg	417%
Biotin (as d-biotin) 300mcg	1000%
Pantothenic Acid (as d-calcium pantothenate) 25mg	500%
Calcium (as calcium phosphate) 550mg	42%
Iron (as ferrous fumarate) 10mg	55%
Dipotassium Phosphate 600mg	48%
Iodine (as potassium iodide) 52mcg	95%
Magnesium (as magnesium aspartate) 170mg	40%
Zinc (as zinc citrate) 15mg	127%
Selenium (as selenomethionine) 10mcg	177%
Copper (as copper gluconate) 1mg	111%
Manganese (as manganese amino acid chelate) 2mg	87%
Chromium (as chromium polynicotinate) 120mcg	343%
Potassium 820mg	38%
Sodium 1600mg	34%
Creatine Monohydrate 3g	**

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

Serving Size 340g (About 2 Scoops)
Servings Per Container 16

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FPO UPC

MANUFACTURED IN THE USA

OF INTERNATIONAL AND DOMESTIC ORIGIN

3500 Lacey Road, Suite 1200
Dowerys Grove, IL 60515
1 (800) 705-5226

MANUFACTURED BY OPTIMUM NUTRITION, INC.

CONTAINS: MILK AND SOY.

ACESULFAME POTASSIUM, SUCRALOSE, SALT, SUCRALOSE, TOCOPHEROL, MALTODEXTRIN, COCAO POWDER (PROCESSED WITH ALKALI), NATURAL AND ARTIFICIAL FLAVORS, SUNFLOWER AND/OR SOY LACTIN, CREAMER (SUNFLOWER OIL, MALTODEXTRIN, MODIFIED FOOD STARCH, DIKALIUM PHOSPHATE, TRICALCIUM PHOSPHATE, TOCOPHEROL), SALT, SUCRALOSE, ACESULFAME POTASSIUM.

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