

53g OF PROTEIN
PER SERVING

1070 CALORIES
PER SERVING



EVERY BATCH TESTED FOR
POTENCY • PURITY • QUALITY

Suggested Use:

SHAKE: Add 4 scoops of RAW Mass Gainer per 16-20 oz of liquid to a shaker cup, secure the top and shake for 20-30 seconds until all powder is dissolved.

BLEND: Add 16-20 oz of liquid to a blender then add 4 scoops of RAW Mass Gainer and mix. For a frosty shake, add a handful of ice cubes to the blender after the initial blend.

NOTICE: Use this product as a food supplement only. Do not use for weight reduction. Not a low calorie food. Keep in a cool, dry place. KEEP OUT OF REACH OF CHILDREN.

WARNING: This product can expose you to chemicals including Lead, which is known to the State of California to cause cancer and birth defects or other reproductive harm. For more information go to: www.P65Warning.ca.gov/food



RAW

DON'T BE A BUM. TRAIN HARD. SLEEP HARDER. ADD ANOTHER PLATE. LOVE YOUR MOM. NO REGRETS. STAY HUNGRY. DRINK YOUR WATER. FALL IN LOVE. SATURDAYS ARE FOR THE BOYS. DREAM BIG. NEVER QUIT. BE HONEST. TAKE RESPONSIBILITY. TAKE RISKS. DARE TO LEAD. OWN YOUR SH*T. GET HUGE. GET SHREDDED. LIFT MORE. RUN FURTHER. JUMP HIGHER. REMEMBER TO LIVE, LAUGH AND ALL THAT BULLSH*T. GET RAW. BE A THAVAGE.

BUM

**MASS
GAINER**

VANILLA

NATURALLY & ARTIFICIALLY FLAVORED
PROTEIN POWDER MIX - Net Wt. 96.02 oz (6 lbs) (2.72 Kg)
Sold By Weight, Not Volume.

53g OF PROTEIN
PER SERVING⁺



Nutrition Facts

About 10 servings per container
Serving size 4 Scoops (275g)

Amount Per Serving	% Daily Value*
Calories 1070	
Total Fat 5g	6%
Saturated Fat	2g 10%
Trans Fat	0g
Cholesterol 95mg	32%
Sodium 160mg	7%
Total Carbohydrate 196g	71%
Dietary Fiber	0g 0%
Total Sugars	16g
Includes 6g Added Sugars	12%
Protein 53g	106%
Vitamin D	0mcg 0%
Calcium	430mg 35%
Iron	1mg 6%
Potassium	435mg 10%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Carbohydrate Blend (Maltodextrin, Pea Starch (Carb10[®]), Sweet Potato Starch, Oat Flour, Quinoa Powder), Dairy Protein Blend (Whey Protein Concentrate, Whey Protein Isolate, Micellar Casein), Natural and Artificial Flavors, L-Glutamine, Creatine Monohydrate, Coconut Oil Powder ((Coconut Oil, Corn Syrup Solids, Sodium Caseinate (A Milk Derivative), Mono- And Diglycerides, Sodium Silicoaluminate), Soy Lecithin, Tricalcium Phosphate Anhydrous, MCT 70 Powder (Medium Chain Triglycerides (from Coconut), Tricalcium Phosphate Anhydrous, MCT 70 Powder (Medium Chain Triglycerides (from Coconut), Non-Fat Dry Milk, Disodium Phosphate, Silicon Dioxide), Gum Blend (Cellulose, Xanthan, Carrageenan), Sucralose, Acesulfame Potassium.

Contains: Milk, Tree Nuts (Coconut), Wheat, and Soy.

BUM
MASS GAINER

FORMULATED, TESTED & TRUSTED BY
CHRIS BUMSTEAD
6X MR.OLYMPIA



Distributed by RAW SPORT SUPPLEMENT COMPANY LLC
760 NW Enterprise Dr. Port St. Lucie, FL 34986
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Contains a Bioengineered Food Ingredient.

Manufactured on shared equipment that also processes: Milk, Soy, Egg, Wheat, Fish, Shellfish, Peanuts, Tree Nuts, and Sesame.

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