

WHY SERIOUS MASS™?

- Each serving is packed with 1,250 calories to support a calorie surplus for weight and muscle building.*[†]
- 50 grams of protein to support muscle building and recovery.*[†]
- 252 grams of carbohydrates to support fueling of intense workouts and aid in replenishment of glycogen stores.*[†]
- 3 grams of creatine monohydrate to support performance.*[†]
- 25 vitamins and minerals plus glutamine.



STRENGTH TRAINING*



SUPPORTS PERFORMANCE*



SUPPORTS WEIGHT GAIN GOALS*

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.



SERIOUS MASS™

SUPPORTS MUSCLE BUILDING & WEIGHT GAIN GOALS*

1,250 CALORIES
HELPS BOOST CALORIE INTAKE

50G PROTEIN*
HELPS BUILD AND MAINTAIN MUSCLE*[†]

252G CARBS
HELPS FUEL INTENSE WORKOUTS*[†]

CHOCOLATE NATURALLY & ARTIFICIALLY FLAVORED

PROTEIN POWDER SUPPLEMENT **NET WT 6 LB (2.72 KG) 8 SERVINGS**

*SEE SUPPLEMENT FACTS FOR SODIUM AND CHOLESTEROL CONTENT

*WHEN TAKEN IN ADDITION TO NORMAL CALORIE INTAKE AND REGULAR WEIGHT RESISTANCE TRAINING

Supplement Facts

Serving Size About 2 Heaping Scoops (336 g)
Servings Per Container 8

| | Amount Per Serving | % Daily Value |
|--|----------------------------------|---------------|
| Calories | 1250 | |
| Total Fat | 4.5 g | 6%* |
| Saturated Fat | 2.5 g | 13%* |
| Cholesterol | 110 mg | 37%* |
| Total Carbohydrate | 252 g | 92%* |
| Dietary Fiber | 4 g | 14%* |
| Total Sugars | 20 g | ** |
| Includes 9g Added Sugars | | 18% |
| Protein | 50 g | 100%* |
| Vitamin A (as beta-carotene) | 750 mcg | 83% |
| Vitamin C (as ascorbic acid) | 60 mg | 67% |
| Vitamin D (as cholecalciferol) | 5 mcg | 25% |
| Vitamin E (as d-alpha tocopheryl succinate) | 20 mg | 133% |
| Thiamin (as thiamin mononitrate) | 4.8 mg | 400% |
| Riboflavin | 4 mg | 308% |
| Niacin (as niacinamide) | 50 mg | 313% |
| Vitamin B6 (as pyridoxine hydrochloride) | 5 mg | 294% |
| Folate (as folic acid) | 680 mcg DFE (400 mcg folic acid) | 170% |
| Vitamin B12 (as cyanocobalamin) | 10 mcg | 417% |
| Biotin (as d-biotin) | 300 mcg | 1000% |
| Pantothenic Acid (as d-calcium pantothenate) | 25 mg | 500% |
| Choline (as choline bitartrate) | 250 mg | 45% |
| Calcium (as calcium citrate, dicalcium phosphate) | 600 mg | 46% |
| Iron (as ferrous fumarate) | 8 mg | 44% |
| Phosphorus (as dicalcium phosphate, dipotassium phosphate) | 590 mg | 47% |
| Iodine (as potassium iodide) | 53 mcg | 35% |
| Magnesium (as magnesium aspartate) | 140 mg | 33% |
| Zinc (as zinc citrate) | 15 mg | 136% |
| Selenium (as selenomethionine) | 70 mcg | 127% |
| Copper (as copper gluconate) | 1 mg | 11% |
| Manganese (as manganese amino acid chelate) | 2 mg | 67% |
| Chromium (as chromium polynicotinate) | 120 mcg | 343% |
| Molybdenum (as molybdenum amino acid chelate) | 75 mcg | 167% |
| Sodium | 570 mg | 25% |
| Potassium (as dipotassium phosphate) | 1430 mg | 30% |
| Creatine Monohydrate | 3 g | ** |
| L-Glutamine | 500 mg | ** |
| Inositol | 250 mg | ** |
| PABA (para-aminobenzoic acid) | 5 mg | ** |

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

OTHER INGREDIENTS: Maltodextrin, Protein Blend (Whey Protein Concentrate, Calcium Caseinate, Egg Whites, Sweet Whey), Cocoa (Processed with Alkali), Natural and Artificial Flavor, Medium Chain Triglycerides, Lecithin, Acesulfame Potassium, Sucralose.

CONTAINS: EGG, MILK, SOY.



336 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 1/2 of a serving daily for the first week and then gradually increase to 1 serving a day.

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.

ON MANUFACTURED BY OPTIMUM NUTRITION, INC.

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STORE IN A COOL, DRY PLACE.

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



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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.

CONTENTS SOLD BY WEIGHT NOT VOLUME.

SOME SETTLING WILL OCCUR.



AUTHENTIC OPTIMUM NUTRITION PRODUCT
OPTIMUMNUTRITION.COM/AUTHENTIC

*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.



INFORMED CHOICE is a quality assurance program for sports nutrition products. The program certifies that nutritional supplements that bear the Informed Choice logo are regularly tested for banned substances by the world class sports anti-doping lab, LGC Limited.

CHOICE



MANUFACTURED IN THE USA
THIS PRODUCT CONTAINS INGREDIENTS OF INTERNATIONAL AND DOMESTIC ORIGIN