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.**
- 253 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



SUPPORTS WEIGHT

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

SUPPORTS MUSCLE 1,250 CALORIES **BUILDING & WEIGHT** GAIN GOALS* HELPS BOOST CALORIE INTAKE

PROTEIN* HELPS BUILD AND MAINTAIN MUSCLE *▲ **253**⁶ CARBS INTENSE WORKOUTS*

Supplement Facts

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

| | Serving | Value |
|--|--|-------|
| ries | 1250 | |
| l Fat | 4 g | 5%* |
| aturated Fat | 2.5 g | 13%* |
| lesterol | 95 mg | 32% |
| Carbohydrate | 253 g | 92%* |
| lietary Fiber | 4 g | 14%* |
| otal Sugars | 16 g | ** |
| Includes 10g Added Sugars | | 20% |
| ein | 50 g | 100%* |
| min A (as beta-carotene) | 940 mcg | 104% |
| min C (as ascorbic acid) | 60 mg | 67% |
| nin D (as cholecalciferol) | 5 mcg | 25% |
| nin E (as d-alpha tocopheryl succinate) | 20 mg | 133% |
| min (as thiamin mononitrate) | 4.8 mg | 400% |
| flavin | 4 mg | 308% |
| in (as niacinamide) | 50.2 mg | 314% |
| min B6 (as pyridoxine hydrochloride) | 5 mg | 294% |
| te (as folic acid) | 680 mcg DFE 170% (400 mcg folic acid) | |
| nin B12 (as cyanocobalamin) | 11 mcg | 458% |
| n (as d-biotin) | 300 mcg | 1000% |
| tothenic Acid (as d-calcium panthothenate) | 25 mg | 500% |
| line (as choline bitartrate) | 250 mg | 45% |
| ium (as calcium citrate, dicalcium phosphate) | 610 mg | 47% |
| (as ferrous fumarate) | 9 mg | 50% |
| sphorus (as dicalcium phosphate, tassium phosphate) | 540 mg | 43% |
| ne (as potassium iodide) | 53 mcg | 35% |
| nesium (as magnesium aspartate) | 180 mg | 43% |
| (as zinc citrate) | 15 mg | 136% |
| nium (as selenomethionine) | 71 mcg | 129% |
| per (as copper gluconate) | 1 mg | 111% |
| | 0.45 | 4070/ |



PABA (para-aminobenzoic acid) * Percent Daily Values are based on a 2,000 calorie diet.

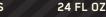
OTHER INGREDIENTS: Maltodextrin, Protein Blend (Whey Protein

Concentrate, Calcium Caseinate, Egg Whites, Sweet Whey), Cocoa Powder Processed with Alkali), Natural and Artificial Flavor, Medium Chain riglycerides, Creamer (Sunflower Oil, Maltodextrin, Modified Food Starch, Dipotassium Phosphate, Tricalcium Phosphate, Tocopherols), Salt, Sucralose, Acesulfame Potassium,

CONTAINS: EGG, MILK, SOY.

Daily Value not established.





COLD WATER. 2 HEAPING SCOOPS MILK OR OTHER



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.



SERIOUS MASS^T PROTEIN POWDER

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

STORE IN A COOL, DRY PLACE,

SERVING SCOOP INCLUDED, BUT MAY



CONTENTS SOLD BY WEIGHT NOT VOLUME

as part of a balanced diet and

Suggested Use: For healthy

SOME SETTLING WILL OCCUR.