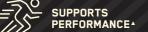
WHY SERIOUS MASS™?

- 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.**
- 254 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**

254_G CARBS INTENSE WORKOUTS

BANANA NATURALLY & ARTIFICIALLY FLAVORED

Supplement Facts

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

Total Fat Saturated Fa

Cholesterol

Thiamin (as th Rihoflavin

Niacin (as niacir

olate (as folic acid)

iotin (as d-biotin)

Vitamin B12 (as cyanocobalam

holine (as choline bitartrate

on (as ferrous fumarate) osphorus (as dicalcium phosphate.

lipotassium phosphate) dine (as potassium iodide)

Vitamin B6 (as pyridoxine hydrochloride)

Magnesium (as magnesium aspartate) inc (as zinc citrate)

hromium (as chromium polynicotinate) Molybdenum (as molybdenum amino acid chelate) 80 m

otassium (as dipotassium phosphate

Selenium (as selenomethionine

opper (as copper gluconate)

Daily Value not established.

Potassium, Sucralose, Yellow 5.

CONTAINS: EGG, MILK, SOY.

antothenic Acid (as d-calcium panthothenate)

anganese (as manganese amino acid chelate)

* 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), Natural and

Artificial Flavor, Medium Chain Triglycerides, Lecithin, Malic Acid, Acesulfame

Calcium (as calcium citrate, dicalcium phosphate) 640 mg

	Serving	Value	
	1250		336
	3.5 g	4%*	
t	2 g	11%*	ABOU
	105 mg	35%	2 HE
ate	254 g	92%*	SERI
	20 g	**	PRO'
0g Added Sugars		21%	
	50 g	100%*	
ta-carotene)	940 mcg	104%	TID.
scorbic acid)	60 mg	67%	TIPS
nolecalciferol)	5 mcg	25%	daily
alpha tocopheryl succinate)	20 mg	133%	uali
min mononitrate)	4.8 mg	400%	
	4 mg	308%	SER
namide)	50 ma	313%	

680 mcg DFE

(400 mcg folic acid)











30-45 SECONDS BLEND UNTIL DISSOLVED

New users may find it beneficial to begin with 1/2 of a serving or the first week and then gradually increase to $\overline{1}$ serving a day.

DUS 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



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

requirements with a combination

of high protein foods and protein

SOME SETTLING WILL OCCUR