



# SERIOUS MASS

CALORIES PER SERVING:

GRAMS OF PROTEIN:

GRAMS OF CARBS:

VITAMINS & MINERALS:

1,250

50

250+

25

## WEIGHT GAINERS

Serious weight gain requires serious calories. However, those who need the extra calories most often have the toughest time consuming enough of them. For many aspiring to be bigger, highly-active metabolisms, weaker appetites, and on-the-run lifestyles make consuming sufficient calories through whole foods alone a real challenge. With Serious Mass, you've got nothing to lose and lots to gain. We've consolidated over 1,250 calories, 50 grams of protein, 250-plus grams of carbohydrates, and 24 vitamins & minerals with added glutamine and creatine into every serving. It's time to stop thinking small; get Serious Mass.

02 883	3 lbs.	Chocolate
02 884	3 lbs.	Strawberry
02 885	3 lbs.	Vanilla
02 886	6 lbs.	Banana
02 299	6 lbs.	Chocolate
02 301	6 lbs.	Strawberry
02 300	6 lbs.	Vanilla
02 887	12 lbs.	Banana
02 380	12 lbs.	Chocolate
02 381	12 lbs.	Strawberry
02 382	12 lbs.	Vanilla

**OPTIMUM NUTRITION**  
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### Supplement Facts

Serving Size 2 Heaping Scoops (334 g)  
Servings per Container 8

	Amount Per Serving in water	% Daily Value	Amount Per Serving in low fat milk	% Daily Value
Calories	1250		1630	
Calories from Fat	35		170	
Total Fat	4 g	6%*	19 g	29%*
Saturated Fat	2.5 g	13%*	12 g	60%*
Cholesterol	80 mg	27%	140 mg	47%
Total Carbohydrate	253 g	84%*	292 g	97%*
Sugars	20 g	†	56 g	†
Protein	50 g	100%*	74 g	148%*
Vitamin A	5000 IU	100%	6500 IU	130%
Vitamin C	60 mg	100%	66 mg	110%
Vitamin D	200 IU	50%	500 IU	125%
Vitamin E	30 IU	100%	30 IU	100%
Thiamin	4.8 mg	320%	5.1 mg	340%
Riboflavin	4 mg	235%	5.2 mg	306%
Niacin	50 mg	250%	50.6 mg	253%
Vitamin B6	5 mg	250%	5.3 mg	265%
Folic Acid	400 mcg	100%	436 mcg	109%
Vitamin B12	10 mcg	167%	12.7 mcg	212%
Biotin	300 mcg	100%	300 mcg	100%
Pantothenic Acid	25 mg	250%	27 mg	270%
Calcium	630 mg	63%	1440 mg	144%
Iron	5 mg	28%	5.3 mg	29%
Phosphorus	460 mg	46%	1160 mg	116%
Iodine	150 mcg	100%	150 mcg	100%
Magnesium	140 mg	35%	239 mg	60%
Zinc	15 mg	100%	18 mg	120%
Selenium	70 mcg	100%	70 mcg	100%
Copper	1 mg	50%	1 mg	50%
Manganese	2 mg	100%	2 mg	100%
Chromium	120 mcg	100%	120 mcg	100%
Molybdenum	75 mcg	100%	75 mcg	100%
Sodium	430 mg	18%	820 mg	34%
Potassium	970 mg	28%	2200 mg	63%
Creatine Monohydrate	1 g	†	1 g	†
L-Glutamine	500 mg	†	500 mg	†
Glutamine Peptides	500 mg	†	500 mg	†
Choline (as choline bitartrate)	250 mg	†	250 mg	†
Inositol	250 mg	†	250 mg	†
PABA (para-aminobenzoic acid)	5 mg	†	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 Albumen, Sweet Dairy Whey), Artificial Flavors, Vitamin and Mineral Blend (diPotassium Phosphate, Magnesium Aspartate, diCalcium Phosphate, Calcium Citrate, Ascorbic Acid, Nicotinamide, Zinc Citrate, Beta Carotene, d-Calcium Pantothenate, d-alpha Tocopheryl Succinate, Selenomethionine, Copper Gluconate, Ferrous Fumarate, Manganese Amino Acid Chelate, Thiamin Mononitrate, Pyridoxine Hydrochloride, Riboflavin, Chromium Polynicotinate, Folic Acid, Biotin, Molybdenum Amino Acid Chelate, Cholecalciferol, Potassium Iodide, Cyanocobalamin), Medium Chain Triglycerides, Lecithin, Acesulfame Potassium.

