



SERIOUS MASS

WEIGHT GAIN SUPPORT

- 1,250 Calories Per Serving In Water;
1,640 Calories When Made With Low Fat Milk
- 50 Grams Of Protein From A Combination Of
Faster And Slower Digesting Sources
Including Whey, Casein, And Egg
- 250-plus Grams Of Carbohydrates To
Support Fueling Of Intense Workouts And
Aid In The Replenishment Of Glycogen Stores
- With No Added Sugar
- Enhanced With Creatine, Monohydrate
L-Glutamine & Glutamine Peptides
- 24 Vitamins & Essential Minerals

CHOCOLATE

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	1,250		1,610	
Calories from Fat	50		170	
Total Fat	5 g	8%*	19 g	29%*
Saturated Fat	2 g	10%*	11 g	60%*
Cholesterol	10 mg	3%	57 mg	19%
Total Carbohydrate	250 g	84%*	285g	96%*
Dietary Fiber	3 g	12%*	3 g	12%*
Sugars	21 g	†	56 g	†
Protein	50 g	†	74 g	†
Vitamin A	997 IU	19%	2,500 IU	130%
Vitamin C	21.9 mg	36%	27.9 mg	46%
Vitamin D	76 IU	38%	376 IU	94%
Vitamin E	4.7 IU	15%	4.7 IU	15%
Thiamin	0.5 mg	33%	0.5 mg	33%
Riboflavin	0.5 mg	35%	1.8 mg	105%
Niacin	6.7 mg	33%	7.3 mg	36%
Vitamin B ₆	0.7 mg	35%	1.03 mg	50%
Folic Acid	71.3 mcg	17%	107 mcg	109%
Vitamin B ₁₂	0.5 mcg	8%	3.17 mcg	52%
Biotin	100 mcg	33%	100 mcg	33%
Pantothenic Acid	2.1 mg	21%	4.4 mg	44%
Calcium	350 mg	35%	1240 mg	124%
Iron	4.2 mg	23%	4.56 mg	25%
Phosphorus	165 mg	16%	860 mg	86%
Iodine	50.8 mcg	33%	50.8 mcg	33%
Magnesium	82.8 mg	20%	182 mg	45%
Zinc	2.7 mg	18%	5.55 mg	37%
Selenium	35 mcg	50%	35 mcg	50%
Copper	0.5 mg	25%	0.5 mg	25%
Manganese	500 mcg	25%	500 mcg	25%
Chromium	130 mcg	108%	130 mcg	108%
Sodium	500 mg	20%	866 mg	36%
Potassium	1,395 mg	39%	2,526 mg	72%
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	†

* 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), Fat-Reduced Cocoa Powder, Natural and Artificial Flavors, Mineral Blend (d-Potassium Phosphate, Sodium Chloride, Ferric Pyrophosphate, Zinc Oxide, Copper Gluconate, Manganese Sulphate, Chromium Chloride Hexahydrate, Potassium Iodide), Medium Chain Tri-Glycerides, Vitamin Blend (Dextrose Monohydrate, Ascorbic Acid, Vitamin E Acetate, Niacinamide, Biotin, Vitamin A Acetate, D-Calcium Pantothenate, Pyridoxine Hydrochloride, Folic Acid, Cholecalciferol, Thiamine Hydrochloride, Riboflavin, Cobalamin), Sucralose,

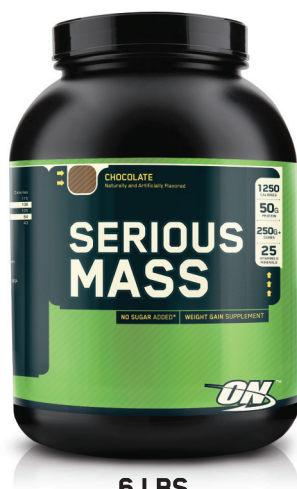
ALLERGEN INFORMATION: CONTAINS MILK



TRUE STRENGTH™
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SERIOUS MASS

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.



6 LBS



12 LBS

SAP MATERIAL NUMBER	SIZE	FLAVOUR	ITEM BARCODE	UNITS PER CASE
1028801	6 lbs	Chocolate	748927022995	4
1028802	6 lbs	Vanilla	748927023008	4
1028800	6 lbs	Strawberry	74892702301	4
1028795	6 lbs	Banana	748927028867	4
1030263	12 lbs	Chocolate	748927023800	2
1030264	12 lbs	Vanilla	748927023824	2
1030265	12 lbs	Strawberry	748927023817	2
1030266	12 lbs	Banana	748927028874	2

OPTIMUM NUTRITION - Serious Mass, 5454 grams

Inhalt: 5454 grams | Portionsgröße: 2 Portionstübel (334g) | Portionen pro Packung: 16

Menge pro	334g	%ETB
Menge pro Portion in Wasser		
Kalorien	1259kcal	-
Fett	4.5g	7%
gesättigte Fettsäuren	1.5g	8%
Kohlenhydrate	252g	84%
Ballaststoffe	0g	0%
Zucker	20g	-
Protein	50g	100%
Vitamin A	299.3mcg	-
Vitamin C	22mg	-
Vitamin D	1.9mcg	-
Vitamin E	3.5mg	-
Thiamin (Vitamin B1)	0.5mg	-
Riboflavin	0.6mg	-
Niacin	6.7mg	-
Vitamin B6	0.7mg	-
Folsäure	71.4mcg	-
Vitamin B12	0.5mcg	-
Biotin	54.8mcg	-
Pantothenensäure	2.1mg	-
Calcium	556mg	-
Eisen	4.3mg	-
Phosphor	109.7mg	-
Jod	66mcg	-
Magnesium	74.1mg	-
Zink	4.8mg	-
Selen	26.8mcg	-
Kupfer	0.6mg	-
Mangan	0.7mg	-
Chrom	130.4mcg	-
Natrium	605mg	-
Kalium	1.229mg	-
Kreatin Monohydrat	1g	-
L-Glutamin	500mg	-
Glutamin Peptide	500mg	-
Cholin (Cholin Bitartrate)	607.9mg	-
Inosit	250mg	-
Natrium	605mg	-

Sonstige Inhaltsstoffe: Maltodextrin, Protein Mischung (Molke Protein Konzentrat, Calcium Kaseinat, Eiweiß, süßes Milchmolke) Kakao (verarbeitet mit Alkali), natürliche und künstliche Aromastoffe, Vitamin und Mineralien Mischung (DiKalium Phosphat, Magnesium Aspartat, DiCalcium Phosphat, Calcium Citrat, Ascorbinsäure, Niacinamid, Zink Citrat, Beta Karotin, D-Calcium Pantothenat, D-Alpha Tocopheryl Succinat, Selenomethionin, Kupfer Gluconat, Eisenfumarat, Mangan Amonisäure Chelat, Thiamin Mononitrat, Pyridoxin Hydrochlorid, Riboflavin, Chromium Picolinate, Folsäure, Biotin, Molybdän Aminosäure Chelat, Cholecalciferol, Kalium Jodid, Cyanocobalamin), Acesulfam-Kalium, Lecithin, MCT.