

**ON** OPTIMUM NUTRITION.

**8**  
SERVINGS

# SERIOUS MASS™

**50g** PROTEIN  
**1,260** CALORIES



**BANANA**  
PROTEIN POWDER DRINK MIX NET WT 6LB

## Supplement Facts

Serving Size 340 g (About 2 Scoops)  
Servings Per Container 8

	Amount Per Serving	% Daily Value
Calories	1250	
Total Fat	5 g	6%*
Saturated Fat	3 g	15%*
Cholesterol	200 mg	67%*
Total Carbohydrate	252 g	92%*
Total Sugars	31 g	**
Includes 10g Added Sugars		20%*
Protein	50 g	100%*
Vitamin A (as vitamin A acetate)	340 mcg	38%*
Vitamin C (as sodium ascorbate)	30 mg	33%*
Vitamin E (as $\beta$ -dige tocopheryl acetate)	4 mg	27%*
Iron (as ferrous hydrochloride)	0.4 mg	33%*
Niacin	0.9 mg	69%*
Niacin (as niacinamide)	4 mg	25%*
Vitamin B6 (as pyridoxine hydrochloride)	0.4 mg	24%*
Folate (as folic acid)	170 mcg DFE (100 mcg folic acid)	43%*
Vitamin B12 (as cyanocobalamin)	1.65 mcg	69%*
Iodine (as iodine)	60 mcg	200%*
Parathemic Acid (as D-calcium pantothenate)	3 mg	60%*
Calcium (as calcium carbonate, calcium phosphate)	700 mg	54%*
Zinc (as zinc fumarate)	5.8 mg	32%*
Chloride (as potassium chloride)	23 mcg	15%*
Magnesium (as magnesium phosphate)	145 mg	35%*
Zinc (as zinc oxide)	3 mg	27%*
Copper (as copper gluconate)	0.4 mg	44%*
Manganese (as manganese sulfate)	0.4 mg	17%*
Indole	670 mg	25%*
Chitosan	900 mg	20%*
Croscarmellose	5 g	**

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

OTHER INGREDIENTS: Maltodextrin, Whey Protein Concentrate, Natural and Artificial Flavor, Sunflower and/or Soy Lecithin, Malic Acid, Acesulfame Potassium, Sucralose, Yellow 5.

CONTAINS MILK AND SOY.

**ON** MANUFACTURED BY OPTIMUM NUTRITION, INC.

3509 Lacey Road, Suite 1200  
Downers Grove, IL 60515  
1 (800) 705-5226



**340 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](http://OPTIMUMNUTRITION.COM) for recipes and training tips.

### SCALE UP YOUR SERIOUS MASS™



ABOUT  
1 HEAPING SCOOP

**25g PROTEIN**  
**625 CALORIES**  
**126g CARBS**



ABOUT  
2 HEAPING SCOOPS

**50g PROTEIN**  
**1,250 CALORIES**  
**252g CARBS**

### A GLOBAL LEADER OF 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 starting to be bigger, having a highly-active metabolism, weaker appetite or an on-the-run lifestyle can make it a real challenge to consume enough calories throughout the day alone. With SERIOUS MASS™, you're getting nothing to lose and lots to gain. It's time to stop thinking small, get SERIOUS - SERIOUS MASS™.



AT TIME OF FILL

AFTER SETTLING

CONTENTS SOLD BY WEIGHT NOT VOLUME. SETTLING WILL OCCUR.

STORE IN A COOL, DRY PLACE.

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



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