

## THE TRUE STRENGTH OF WEIGHT GAINERS<sup>▲</sup>

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, a highly-active metabolism, weaker appetite and on-the-run lifestyle can make it a real challenge to consume enough calories through whole foods alone. With Serious Mass™, you've got nothing to lose and lots to gain. We've consolidated 1,250 calories, 50 grams of protein, 252 grams of carbohydrates, 25 vitamins & minerals, glutamine and creatine into every serving. It's time to stop thinking small; get serious - Serious Mass™.

**TRUE STRENGTH™**  
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12-140-883

## SUPERCHARGE YOUR SERIOUS MASS™

BY ADDING ONE OR MORE OF THESE FOODS TO YOUR SHAKE.

SERVING SIZE	CALORIES	SERVING SIZE	CALORIES
1/2 cup Granola	250	1 tbsp. Flaxseed Oil	115
1/4 cup Chocolate Chips	198	1/2 cup Oat Bran	108
2 tbsp. Peanut Butter	190	1 small Banana	105
1 oz. Almonds	167	1 tbsp. Honey	64
1 oz. Peanuts	164	1 tbsp. Molasses	43
1/2 cup Ice Cream	160		
1 cup Whole Milk	150		
1/2 cup Coconut	139		

### BEYOND THE BASICS

- ▶ 1,250 Calories per Serving in Water; 1,640 Calories When Made with Low Fat Milk.
- ▶ 50 Grams of Protein.
- ▶ 252 Grams of Carbohydrates to Support Fueling of Intense Workouts and Aid in the Replenishment of Glycogen Stores<sup>▲</sup> - with No Added Sugar.
- ▶ Includes Creatine, L-Glutamine & Glutamine Peptides, Choline, Inositol, PABA, and MCTs.



# SERIOUS MASS™

HIGH PROTEIN WEIGHT GAIN POWDER<sup>▲</sup>

50G PROTEIN

252G CARBS

25 VITAMINS & MINERALS

CHOCOLATE Naturally & Artificially Flavored

1250 CALORIES

## 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	Amount Per Serving in water	% Daily Value	Amount Per Serving in low fat milk	% Daily Value
Calories 1250		1640		Iron 8 mg	44%	8.3 mg	46%
Calories from Fat 40		180		Phosphorus 430 mg	43%	1130 mg	113%
Total Fat 4.5 g	7%*	20 g	31%*	Iodine 150 mcg	100%	150 mcg	100%
Saturated Fat 1.5 g	8%*	11 g	55%*	Magnesium 140 mg	35%	239 mg	60%
Cholesterol 80 mg	27%	140 mg	47%	Zinc 15 mg	100%	18 mg	120%
Total Carbohydrate 252 g	84%*	291 g	97%*	Selenium 70 mcg	100%	70 mcg	100%
Dietary Fiber 4 g	16%*	4 g	16%*	Copper 1.6 mg	80%	1.6 mg	80%
Sugars 20 g	†	56 g	†	Manganese 2 mg	100%	2 mg	100%
Protein 50 g	100%*	74 g	148%*	Chromium 120 mcg	100%	120 mcg	100%
Vitamin A 5000 I.U.	100%	6500 I.U.	130%	Molybdenum 75 mcg	100%	75 mcg	100%
Vitamin C 60 mg	100%	66 mg	110%	Sodium 410 mg	17%	800 mg	33%
Vitamin D 200 I.U.	50%	500 I.U.	125%	Potassium 1560 mg	45%	2790 mg	80%
Vitamin E 30 I.U.	100%	30 I.U.	100%	Creatine Monohydrate 1 g	†	1 g	†
Thiamin 4.8 mg	320%	5.1 mg	340%	L-Glutamine 500 mg	†	500 mg	†
Riboflavin 4 mg	235%	5.2 mg	306%	Glutamine Peptides 500 mg	†	500 mg	†
Niacin 50 mg	250%	50.6 mg	253%	Choline 250 mg (as choline bitartrate)	†	250 mg	†
Vitamin B6 5 mg	250%	5.3 mg	265%	Inositol 250 mg	†	250 mg	†
Folic Acid 400 mcg	100%	436 mcg	109%	PABA 5 mg (para-aminobenzoic acid)	†	5 mg	†
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 590 mg	59%	1400 mg	140%				

**OTHER INGREDIENTS:** Maltodextrin, Protein Blend (Whey Protein Concentrate, Calcium Caseinate, Egg Albumen, Sweet Dairy Whey), Cocoa (Processed with Alkali), Natural and Artificial Flavors, Vitamin and Mineral Blend (Dipotassium Phosphate, Magnesium Aspartate, Dicalcium Phosphate, Calcium Citrate, Ascorbic Acid, Niacinamide, Zinc Citrate, Beta Carotene, d-Calcium Pantothenate, d-alpha Tocopheryl Succinate, Selenomethionine, Copper Gluconate, Ferrrous Fumarate, Manganese Amino Acid Chelate, Thiamin Mononitrate, Pyridoxine Hydrochloride, Riboflavin, Chromium Polynicotinate, Folic Acid, Biotin, Molybdenum Amino Acid Chelate, Cholecalciferol, Potassium Iodide, Cyanocobalamin), Acesulfame Potassium, Lecithin, Medium Chain Triglycerides.

**ALLERGEN INFORMATION:** CONTAINS MILK, EGG, WHEAT (GLUTAMINE PEPTIDES) AND SOY (LECITHIN) INGREDIENTS.

### DIRECTIONS:

Add two heaping scoops of Serious Mass™ to a blender filled with 24 oz. of water. Blend for 45-60 seconds. Then add a few ice cubes and, if desired, other calorie-contributing ingredients (see "Supercharge Your Serious Mass™" on the opposite panel) and blend for an additional 30-45 seconds. **TIPS:** Mixing two scoops of Serious Mass™ with 24 oz. of nonfat or low fat milk instead of water will give you a thicker, creamier, higher-calorie shake. New users may find it beneficial to begin with ½ of a serving daily for the first week and then gradually increase to 1 or more full servings several times a day.

Serious Mass™ is a weight-gain supplement that can be used to feed serious calorie needs in a variety of different ways<sup>▲</sup>.

**BETWEEN MEALS:** Drink ½ -1 serving of Serious Mass™ between meals to maintain positive nitrogen balance and support a high-calorie diet<sup>▲</sup>. **POST-WORKOUT:** Begin drinking ½ -1 serving of Serious Mass™ 30-45 minutes following exercise to support maximum recovery<sup>▲</sup>. **BEFORE BED:** Drink ½ -1 serving of Serious Mass™ about 45-60 minutes before bed to provide nutrients to recovering muscle throughout the night<sup>▲</sup>.

**NOTE:** For best results use Serious Mass™ combined with intense weight training (3-5 times per week) and a sensible whole foods diet. Also, keep in mind that sufficient recovery between workouts impacts your ability to gain lean mass. Allowing at least 48 hours between workouts involving the same body parts is recommended.

**WARNING:** Not for use by those with pre-existing medical conditions or taking any medications, those under the age of 18 or women that are pregnant or nursing.

<sup>▲</sup> These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

MANUFACTURED IN THE USA  
IN OUR NSF GMP REGISTERED FACILITY  
This product contains ingredients of international and domestic origin.

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

NET WT. 6 lb (2.72 KG) DIETARY SUPPLEMENT

MANUFACTURED BY  
OPTIMUM NUTRITION 975 Meridian Lake Dr. Aurora, IL 60504