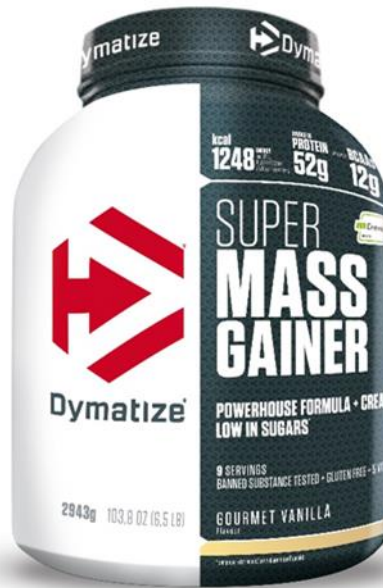


DYMATIZE® SUPER MASS GAINER

Boost Your Bulking Phase



Product description

Dymatize® SUPER MASS GAINER is a premium mass gainer with an appropriate calorific profile designed to meet the particular needs of bodybuilders, powerlifters and hard gainers in the bulking phase.

Especially during phases of intense training, it is essential to ensure an appropriate and target orientated nutrient intake. A target orientated nutrient intake helps to support muscle growth, improve training performance and reduce fatigue. Our “POWERHOUSE Formula” is a special matrix developed to deliver a powerful combination of creatine, carbohydrates and proteins, satisfying your specific demands during the bulking phase.

Each portion contains 52 g of high-quality protein, including 11–12 g of naturally occurring BCAAs + 3 g of creatine and, depending on flavour, up to 243 g carbohydrates and low in sugars*. Dymatize® uses only pure, high-quality creatine monohydrate from Creapure®. Made in Germany. A daily intake of 3 g of creatine increases physical performance in successive bursts of short-term, high intensity exercise. The 5 vitamins (vitamin C, niacin, pantothenic acid, vitamin B6 and folate) included also contribute to the reduction of tiredness and fatigue, while the protein supports both growth as well as maintenance of muscle mass.

- 52 g high quality protein per serving
- Including 11 -12 g BCAAs**
- Up to 243 g carbohydrates per serving, depending on flavour
- With 3 g pure creatine per serving
- Low in sugars*
- Including 5 vitamins
- Free from gluten
- Suitable for vegetarians
- Banned substance tested by “Informed-Choice” for athletes’ assurance and highest product quality

* per prepared product, except Cookies & Cream

** BCAAs (branched chain amino acids: L-leucine, L-isoleucine, L-valine) are naturally occurring in protein
Nutrients may vary in flavour - for flavour specific information see nutritional information

Four great tasting flavours of Dymatize® Super Mass Gainer

- Rich Chocolate
- Gourmet Vanilla
- Strawberry
- Cookies & Cream ~~Banana Smoothie~~

Suggested usage

- 1 portion per day, after training
- Mixing instructions (1 Portion)
Rich Chocolate: Add 321 g powder (approx. 3 scoops - included) to 700 ml of water and mix thoroughly.
Gourmet Vanilla, Strawberry, Cookies & Cream, Banana Smoothie: Add 327 g powder (approx. 3 scoops - included) to 700 ml of water and mix thoroughly.
- Not for children and adolescents. For adults - use only during intensive training periods.
- As part of a varied and balanced diet and a healthy lifestyle.

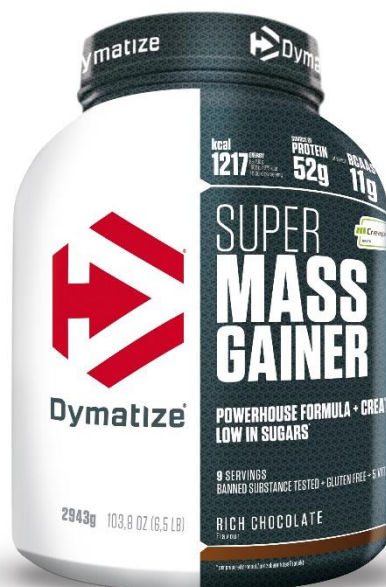
Technical information

- 2943 g per tub (9 servings)
- 6 tubs per case
- Store in a cool, dry place.
- Sold by weight, not volume.
- Distributor: Active Nutrition International GmbH, Zielstattstraße 42, D-81379 München, Phone +49 (0)89 502 007 0, www.dymatize.com

2943 g Tub

Flavour	SKU	EAN Tub	EAN Case
Rich Chocolate	25210202	4029679676794	4029679676800
Gourmet Vanilla	25211502	4029679676831	4029679676848
Strawberry	25211102	4029679676817	4029679676824
Cookies & Cream	25217402	4029679676770	4029679676787

Rich Chocolate



Legal denomination

Carbohydrate-protein powdered drink mix for athletes with sweeteners, vitamins and creatine - chocolate flavour.

Ingredients

Maltodextrin, **milk** proteins (20%) (**milk** protein, **why** protein concentrate, **why** protein isolate, **why** protein hydrolysate, micellar **casein**), fat reduced cocoa powder, sunflower oil, flavourings, creatine monohydrate (1%), emulsifiers (lecithins, mono- and diglycerides of fatty acids), thickeners (cellulose gum, xanthan gum, carrageenan), flavour enhancer (potassium chloride), sweeteners (acesulfame K, sucralose), anti-caking agent (silicon dioxide), ascorbic acid (vitamin C), nicotinamide, calcium D-pantothenate, pyridoxine hydrochloride (vitamin B6), folic acid. May contain: **eggs, soy, celery, mustard**.

Nutrition Information

Nutrition Information	per 100 g	per portion (321 g*)
Energy kJ (kcal)	1607 (379)	5160 (1217)
Fat	2,7 g	8,6 g
of which saturates	0,8 g	2,7 g
Carbohydrate	72 g	231 g
of which sugars	5,1 g	16 g
Protein	16 g	52 g
Salt	0,13 g	0,40 g

Vitamin C	20 mg (24%**)	63 mg (78%**)
Niacin	6 mg (38%**)	19 mg (121%**)
Folic acid	73,8 µg (37%**)	237 µg (118%**)
Vitamin B6	0,51 mg (36%**)	1,6 mg (116%**)
Pantothenic acid	2,2 mg (37%**)	7,2 mg (120%**)

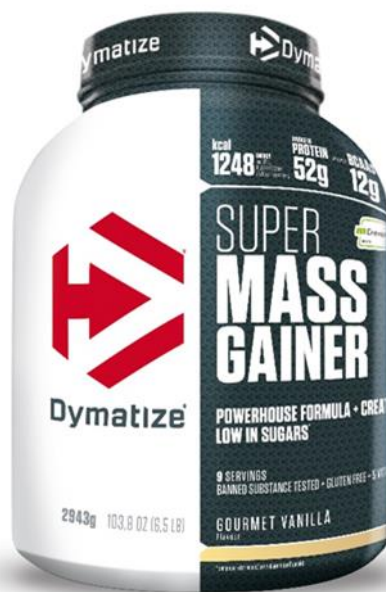
Creatine	0,9 g	3,0 g
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Amino acid profile	per 100 g	per portion (321 g*)
***L-Valine	1,0 g	3,2 g
***L-Leucine	1,6 g	5,2 g
***L-Isoleucine	0,9 g	2,9 g
L-Alanine	0,7 g	2,1 g
L-Arginine	0,5 g	1,5 g
L-Aspartic acid	1,4 g	4,6 g
L-Cysteine	0,2 g	0,7 g
L-Glutamic acid	3,1 g	10 g
Glycine	0,3 g	1,0 g
***L-Lysine	1,4 g	4,4 g
***L-Histidine	0,4 g	1,2 g
***L-Methionine	0,4 g	1,2 g
***L-Phenylalanine	0,7 g	2,1 g
L-Proline	1,3 g	4,1 g
L-Serine	0,8 g	2,6 g
***L-Threonine	0,9 g	2,8 g
***L-Tryptophan	0,2 g	0,8 g
L-Tyrosine	0,6 g	2,1 g

* per 321 g in 700 ml water **% nutrient reference value *** essential amino acids

Sum of BCAAs (L-Valine, L-Leucine, L-Isoleucine): 3,5 g (11 g per portion)

Gourmet Vanilla



Legal denomination

Carbohydrate-protein powdered drink mix for athletes with sweeteners, vitamins and creatine – vanilla flavour.

Ingredients

Maltodextrin, **milk** proteins (20%) (**milk** protein, **whey** protein concentrate, **whey** protein isolate, **whey** protein hydrolysate, micellar **casein**), sunflower oil, flavouring, creatine monohydrate (1%), emulsifiers (lecithins, mono- and diglycerides of fatty acids), thickeners (cellulose gum, xanthan gum, carrageenan), flavour enhancer (potassium chloride), sweeteners (acesulfame K, sucralose), anti-caking agent (silicon dioxide), ascorbic acid (vitamin C), nicotinamide, calcium D-pantothenate, pyridoxine hydrochloride (vitamin B6), folic acid. May contain: **eggs, soy, celery, mustard.**

Nutrition Information

Nutrition Information	per 100 g	per portion (327 g*)
Energy kJ (kcal)	1620 (382)	5295 (1248)
Fat	2,4 g	7,8 g
of which saturates	0,7 g	2,1 g
Carbohydrate	74 g	242 g
of which sugars	4,0 g	13 g
Protein	16 g	52 g
Salt	0,13 g	0,40 g

Vitamin C	19 mg (24%**)	63 mg (78%**)
Niacin	5,5 mg (34%**)	18 mg (112%**)
Folic acid	72,7 µg (36%**)	238 µg (119%**)
Vitamin B6	0,50 mg (36%**)	1,6 mg (116%**)
Pantothenic acid	2,0 mg (34%**)	6,6 mg (111%**)

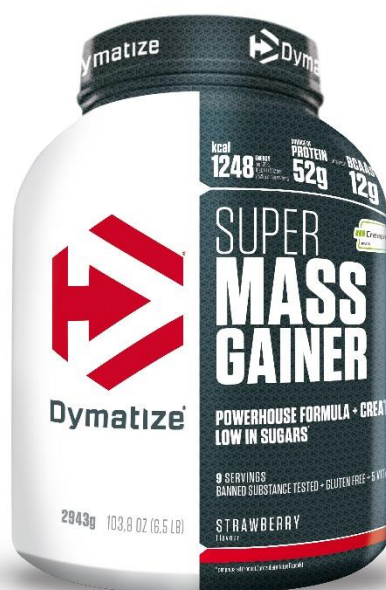
Creatine	0,9 g	3,0 g
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Amino acid profile	per 100 g	per portion (327 g*)
***L-Valine	1,0 g	3,3 g
***L-Leucine	1,6 g	5,4 g
***L-Isoleucine	0,9 g	3,0 g
L-Alanine	0,7 g	2,2 g
L-Arginine	0,5 g	1,6 g
L-Aspartic acid	1,5 g	4,7 g
L-Cysteine	0,2 g	0,8 g
L-Glutamic acid	3,2 g	10,5 g
Glycine	0,3 g	1,0 g
***L-Lysine	1,4 g	4,6 g
***L-Histidine	0,4 g	1,2 g
***L-Methionine	0,4 g	1,3 g
***L-Phenylalanine	0,7 g	2,2 g
L-Proline	1,3 g	4,3 g
L-Serine	0,8 g	2,7 g
***L-Threonine	0,9 g	2,9 g
***L-Tryptophan	0,3 g	0,8 g
L-Tyrosine	0,7 g	2,2 g

* per 327 g in 700 ml water **% nutrient reference value *** essential amino acids

Sum of BCAAs (L-Valine, L-Leucine, L-Isoleucine): 3,5 g (12 g per portion)

Strawberry



Legal denomination

Carbohydrate-protein powdered drink mix for athletes with sweeteners, vitamins and creatine – strawberry flavour.

Ingredients

Maltodextrin, **milk** proteins (20%) (**milk** protein, **whey** protein concentrate, **whey** protein isolate, **whey** protein hydrolysate, micellar **casein**), sunflower oil, creatine monohydrate (1%), flavouring, colouring food (maltodextrin, beetroot juice powder), emulsifiers (lecithins, mono- and diglycerides of fatty acids), thickeners (cellulose gum, xanthan gum, carrageenan), flavour enhancer (potassium chloride), sweeteners (acesulfame K, sucralose), anti-caking agent (silicon dioxide), ascorbic acid (vitamin C), nicotinamide, calcium D-pantothenate, pyridoxine hydrochloride (vitamin B6), folic acid. May contain: **eggs, soy.**

Nutrition Information

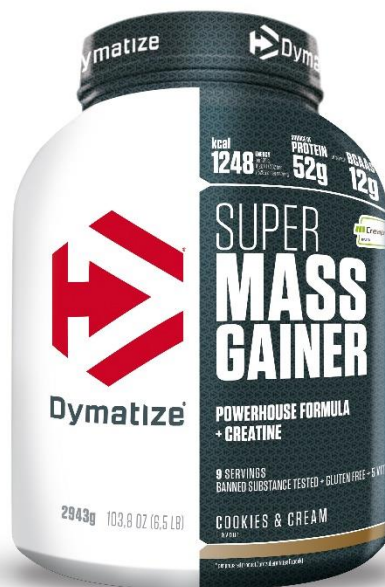
Nutrition Information	per 100 g	per portion (327 g*)
Energy kJ (kcal)	1620 (382)	5295 (1248)
Fat	2,4 g	7,8 g
of which saturates	0,7 g	2,2 g
Carbohydrate	74 g	242 g
of which sugars	4,7 g	15 g
Protein	16 g	52 g
Salt	0,13 g	0,40 g
Vitamin C	19 mg (24%**)	63 mg (78%**)
Niacin	5,5 mg (34%**)	18 mg (112%**)
Folic acid	72,7 µg (36%**)	238 µg (119%**)
Vitamin B6	0,50 mg (36%**)	1,6 mg (116%**)
Pantothenic acid	2,0 mg (34%**)	6,6 mg (111%**)
Creatine	0,9 g	3,0 g

Amino acid profile	per 100 g	per portion (327 g*)
***L-Valine	1,0 g	3,3 g
***L-Leucine	1,6 g	5,4 g
***L-Isoleucine	0,9 g	3,0 g
L-Alanine	0,7 g	2,2 g
L-Arginine	0,5 g	1,6 g
L-Aspartic acid	1,5 g	4,7 g
L-Cysteine	0,2 g	0,8 g
L-Glutamic acid	3,2 g	10,5 g
Glycine	0,3 g	1,0 g
***L-Lysine	1,4 g	4,6 g
***L-Histidine	0,4 g	1,2 g
***L-Methionine	0,4 g	1,3 g
***L-Phenylalanine	0,7 g	2,2 g
L-Proline	1,3 g	4,3 g
L-Serine	0,8 g	2,7 g
***L-Threonine	0,9 g	2,9 g
***L-Tryptophan	0,3 g	0,8 g
L-Tyrosine	0,7 g	2,2 g

* per 327 g in 700 ml water **% nutrient reference value *** essential amino acids

Sum of BCAAs (L-Valine, L-Leucine, L-Isoleucine): 3,5 g (12 g per portion)

Cookies & Cream



Legal denomination

Carbohydrate-protein powdered drink mix for athletes with sweeteners, vitamins and creatine – Cookies & Cream flavour.

Ingredients

Maltodextrin, **milk** proteins (20%) (**milk** protein, **whey** protein concentrate, **whey** protein isolate, **whey** protein hydrolysate, micellar **casein**), flavourings, sunflower oil, creatine monohydrate (1%), fat reduced cocoa powder, emulsifiers (lecithins, mono- and diglycerides of fatty acids), thickeners (cellulose gum, xanthan gum, carrageenan), flavour enhancer (potassium chloride), sweeteners (acesulfame K, sucralose), anti-caking agent (silicon dioxide), ascorbic acid (vitamin C), nicotinamide, calcium D-pantothenate, pyridoxine hydrochloride (vitamin B6), folic acid. May contain: **eggs, soy, celery, mustard.**

Nutrition Information

Nutrition Information	per 100 g	per portion (327 g*)
Energy kJ (kcal)	1620 (382)	5295 (1248)
Fat	2,4 g	7,8 g
of which saturates	0,7 g	2,2 g
Carbohydrate	74 g	242 g
of which sugars	5,5 g	18 g
Protein	16 g	52 g
Salt	0,15 g	0,50 g
Vitamin C	19 mg (24%**)	62 mg (78%**)
Niacin	5,5 mg (34%**)	18 mg (112%**)
Folic acid	72,0 µg (36%**)	235 µg (118%**)
Vitamin B6	0,49 mg (35%**)	1,6 mg (115%**)
Pantothenic acid	2,0 mg (34%**)	6,6 mg (110%**)
Creatine	0,9 g	3,0 g

Amino acid profile	per 100 g	per portion (327 g*)
***L-Valine	1,0 g	3,3 g
***L-Leucine	1,6 g	5,3 g
***L-Isoleucine	0,9 g	3,0 g
L-Alanine	0,7 g	2,2 g
L-Arginine	0,5 g	1,6 g
L-Aspartic acid	1,4 g	4,7 g
L-Cysteine	0,2 g	0,7 g
L-Glutamic acid	3,2 g	10,5 g
Glycine	0,3 g	1,0 g
***L-Lysine	1,4 g	4,6 g
***L-Histidine	0,4 g	1,2 g
***L-Methionine	0,4 g	1,3 g
***L-Phenylalanine	0,7 g	2,1 g
L-Proline	1,3 g	4,2 g
L-Serine	0,8 g	2,7 g
***L-Threonine	0,9 g	2,9 g
***L-Tryptophan	0,2 g	0,8 g
L-Tyrosine	0,7 g	2,1 g

* per 327 g in 700 ml water **% nutrient reference value *** essential amino acids

Sum of BCAAs (L-Valine, L-Leucine, L-Isoleucine): 3,5 g (12 g per portion)