

SERIOUS MASS

STRAWBERRY

Serving Size 2 Heaping Scoops (334 g)

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		Phosphorus 460 mg	46%	1160 mg	116%
Calories from Fat 30		170		Iodine 150 mcg	100%	150 mcg	100%
Total Fat 3.5 g	5%*	19 g	29%*	Magnesium 140 mg	35%	239 mg	60%
Saturated Fat 2 g	10%*	11 g	55%*	Zinc 15 mg	100%	18 mg	120%
Cholesterol 80 mg	27%	140 mg	47%	Selenium 70 mcg	100%	70 mcg	100%
Total Carbohydrate 254 g	85%*	293 g	98%*	Copper 1 mg	50%	1 mg	50%
Sugars 23 g	†	59 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 480 mg	20%	870 mg	36%
Vitamin D 200 I.U.	50%	500 I.U.	125%	Potassium 990 mg	28%	2200 mg	63%
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 630 mg	63%	1400 mg	140%				
Iron 5 mg	28%	5.3 mg	29%				

* 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), 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, 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, FD&C Red #40, Acesulfame Potassium.

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