

Nutrition Information

Servings Per Container 16
Serving Size 2 Rounded Scoops (334g)

	Quantity Per Serving	% RDI Per Serve	Quantity Per 100g		Quantity Per Serving	% RDI Per Serve	Quantity Per 100g
Energy	5316kJ/ 1272kcal	61%*	1592kJ/ 381kcal	Vitamin E	20 mg	200%*	6 mg
Protein	50 g	100%*	14.9 g	Calcium	315 mg	39%*	94 mg
Fat, total	4 g	6%*	1.2 g	Chromium	100 mcg	50% ^Y	30 mcg
-saturated	2.5 g	10%*	0.8 g	Copper	0.7 mg	23% ^Y	0.2 mg
Cholesterol	95 mg	†	28 mg	Iron	12 mg	100%*	3.6 mg
Carbohydrate	254 g	82%*	76 g	Iodine	75 mcg	50%*	22 mcg
-sugars	20.5 g	23%*	6.1 g	Magnesium	135 mg	42%*	40 mg
Sodium	415 mg	18%*	124 mg	Manganese	2.5 mg	50% ^Y	0.7 mg
Potassium	805 mg	†	241 mg	Molybdenum	125 mcg	50% ^Y	37 mcg
Vitamin A	375 mcg	50%*	112 mcg	Phosphorus	300 mg	30%*	90 mg
Thiamin	2.2 mg	200%*	0.6 mg	Selenium	26 mcg	37%*	7 mcg
Riboflavin	3.4 mg	200%*	1 mg	Zinc	12 mg	100%*	3 mg
Niacin	20 mg	200%*	6 mg	Creatine Monohydrate	1 g	†	0.3 g
Folate	400 mcg	200%*	119 mcg	L-Glutamine	1 g	†	0.3 g
Vitamin B6	3.2 mg	200%*	1 mg				
Vitamin B12	4 mcg	200%*	1 mcg				
Biotin	50 mcg	50% ^Y	15 mcg				
Pantothenic acid	3.5 mg	50% ^Y	1 mg				
Vitamin C	80 mg	200%*	24 mg				
Vitamin D	2.5 mcg	25%*	0.7 mcg				

OTHER INGREDIENTS: INGREDIENTS: Maltodextrin, Protein Blend (Whey Protein Concentrate [MILK], Calcium Caseinate [MILK], Egg Albumin, Sweet Dairy Whey [MILK])(Emulsifier: Soy Lecithin), Flavors [MILK], Medium Chain Triglycerides Powder, Vitamin and Mineral Blend (Potassium Citrate, Magnesium Aspartate, Dipotassium Phosphate, Dicalcium Phosphate, Ascorbic Acid, Ferrous Fumarate, Zinc Sulfate, Vitamin E Succinate, Niacinamide, Beta Carotene, Manganese Sulfate, Copper Gluconate, Selenomethionine, Pyridoxine HCl, Calcium d-Pantothenate, Riboflavin, Thiamin Mononitrate, Chromium Chloride, Folic Acid, Sodium Molybdate, Potassium Iodide, D-Biotin, Cyanocobalamin, Cholecalciferol), L-Glutamine, Creatine Monohydrate, Acidity Regulator (Malic Acid), Sweeteners (Sucralose, Acesulfame Potassium), Color (Tartrazine).

ALLERGEN INFORMATION: CONTAINS MILK, EGG, AND SOY (LECITHIN) INGREDIENTS. MAY CONTAIN GLUTEN, TREENUTS AND PEANUTS.

MANUFACTURED BY
OPTIMUM NUTRITION 

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SUPERCHARGE YOUR SERIOUS MASS™

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

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

BEYOND THE BASICS

- ▶ 1,272 Calories per Serving in Water
- ▶ 50 Grams of Protein.
- ▶ 254 Grams of Carbohydrates to Support Fueling of Intense Workouts and Aid in the Replenishment of Glycogen Stores - with No Added Sugar.
- ▶ Creatine and L-Glutamine.

MANUFACTURED IN THE USA

This product contains ingredients of international and domestic origin

