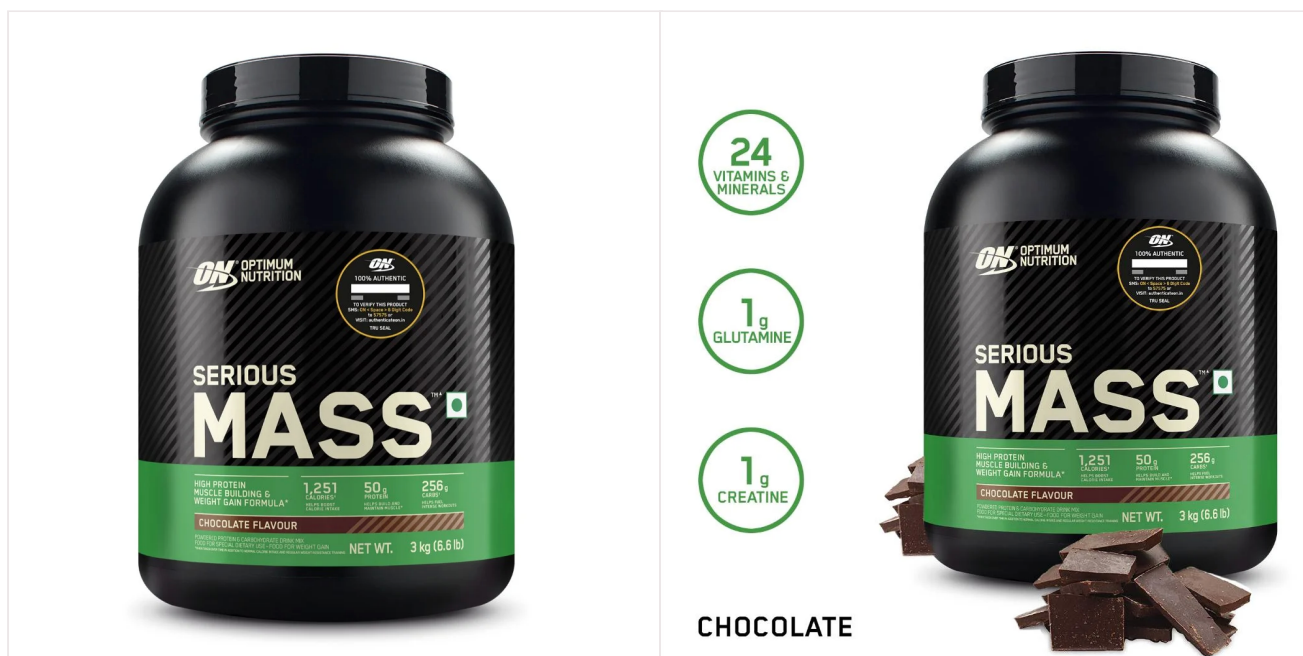


## OPTIMUM NUTRITION (ON) SERIOUS MASS

### SPECIFICATIONS :

- Optimum Nutrition is worldwide renowned brand and ON Serious Mass is known for its wonderful results in terms of mass gaining.
- Optimum Nutrition Serious Mass is a high calorie weight gainer which is also high in protein and when taken over time with regular resistance exercise and a balanced diet can help you gain mass and muscle.
- People with very active metabolism that struggle to gain weight; Athletes or anyone who has extremely high energy needs that cannot be met only with food.
- 1200+ Calories, 50 Grams of high quality Protein and over 250 Grams of Carbohydrates per serving with 23+ Vitamins & Minerals, Creatine & Glutamine.
- Use post-workout and/or between meals to add calories, carbs and protein to your healthy, balanced diet.
- It also packs various essential vitamins and minerals which helps with overall fitness as well as supports the appropriate utilization of macro-nutrients (proteins, carbohydrates and fats) in the body.
- Creatine and glutamine present in it helps in improving strength and muscle recovery respectively.
- It is a tasty and convenient way to add surplus calories to the diet.



CHOCOLATE