

What Are Mass Gainers and How to Take Them

No matter where you are in your fitness journey, you may want to optimize your body composition. The ideal body looks different to everyone – some want to get skinny, some want muscle definition, and some want to put on some healthy weight. If you want to put on weight or build some muscle, mass gainers can be the right choice. These carbohydrate and protein-rich sports supplements can help you step closer to your ideal shape.

What is a Mass Gainer

So, what are mass gainers? Mass gainers are a type of sports nutrition supplement. They are typically combinations of carbohydrates and protein, but they may have other nutrients added to them. Mass gainers contain a lot of calories and protein, both of which are essential for people trying to grow muscle.

The Benefits of Mass Gainers

What are the benefits of mass gainers?

They can benefit those trying to gain weight. They make it easy to achieve a calorie surplus. [Consuming more](#) calories than you spend helps you gain weight. The high number of calories in a mass gainer due to its carbohydrate and fat content can help increase your calorie consumption.

They can help you build muscle. To build muscle, you must provide the body with a small [surplus of energy](#) and plenty of [amino acids](#). Alongside that, you need to challenge your muscles with [resistance training](#). Gainers offer plenty of protein alongside some extra calories, making them a helpful tool in building muscle. However, make sure you have a challenging enough workout routine alongside a change in diet.

For more information on how muscle grows, [check out this post](#).

They can help you recover. After exercise, the body needs to repair muscle damage and resynthesize glycogen. You need to supply the body with [carbohydrates](#) and [protein](#) to do so. Combining the two nutrients inside a mass gainer shake can make it an easy option for a recovery drink.

Who needs mass gainers?

Now that we've established what mass gainers are, the next logical question is, who needs them?

There are certain situations where you may benefit from using a mass gainer. This includes people trying to put on some weight but having a hard time doing so. People trying to grow muscle can also benefit from mass gainers. Finally, athletes

who have a large energy expenditure can also use mass gainers to help them meet their daily energy requirements during a busy training season.

-Skinny people with a fast metabolism

If gaining weight is a goal for you but you simply can't seem to put on pounds, a gainer can benefit you. The best mass gainers for skinny guys and women will be those that provide plenty of calories alongside protein for muscle mass. These shakes make it easy to increase your energy intake in a convenient form, as many people may find increasing the amount of food they eat a struggle.

-Bodybuilders

Mass gainers can be a fantastic way to support your goals if you're a professional or amateur bodybuilder. You can use mass gainers for bulking, as they offer a significant amount of protein alongside extra calories to support growing muscle. These supplements can come in handy during the off-season, as you increase your muscle mass and before you start shredding. They can help you during intense workouts you'll be doing to challenge your muscles.

-Athletes

Athletes' nutritional requirements can vary depending on their sport and discipline. However, many may find themselves requiring extra energy and plenty of protein to support their muscle mass and performance. This can be especially important for those who participate in very energy-intensive sports, such as triathlon, cross-country skiing, water polo, marathons, and road cycling.

Mass gainer shakes can be a great way to top-up on the go or support energy intake when training hard. The best mass gainers for women and men athletes will fit your general training nutritional plans, so pay attention to mass gainer composition.

Maxler Special Mass Gainer

Maxler Special Mass Gainer is a great option for a high-quality, high-calorie gainer. It is popular amongst the Maxler community and has a great nutritional profile. A portion of Maxler Special Mass can provide you with 920 or 1170 calories, depending on whether you make it with water or milk.

Our carbo blend provides around 200 grams of carbohydrates. It contains MCT oil for high-quality fats, as well as iron, calcium, sodium, and potassium.

Each portion contains at least 36 grams of protein, with a milk-based shake taking that number up to 57 grams. Our gainer contains a blend of proteins, including whey protein isolate, concentrate hydrolysate, casein, and milk protein isolate for sustained feeding. High-quality proteins in the gainer help provide you with all the essential amino acids, with a high amount of BCAAs for better recovery and muscle growth.

In addition, our gainer has creatine monohydrate to further boost your muscle growth.

If you're curious about the perks of creatine, check out our posts:

- [How creatine supports your workouts](#)
- [How to take creatine for muscle mass](#)
- [The best creatine supplements in 2024](#)

Composition

What makes up a mass gainer? Mass gainers supply energy and protein in high amounts. Therefore, typically, mass gainers consist of:

- **Protein.** Mass gainers need to have a substantial amount of protein in them. Ensure that your gainer's protein sources are of high quality and have the full spectrum of essential amino acids. This way, you'll be sure that you receive all the amino acids needed for muscle growth.
- **Carbohydrate.** Carbs are an essential source of energy for the body. Therefore, they're a great way to support performance and increase your calorie intake. Different gainers will have different amounts of carbs, so choose those that work for your goals.
- **Fats.** These macronutrients are calorie-rich. They are also necessary for overall health and support performance. High-quality fat sources are a great addition to a gainer.
- **Vitamins and minerals.** Some gainers may have additional micronutrients in them to help you meet your daily requirements. You can choose whether or not you need these additions in your gainer.
- **Muscle-boosting nutrients.** Some gainers may have additional nutrients that can support muscle growth. These can be things like creatine monohydrate, such as in Maxler Special Mass. You may benefit from these additions if your primary aim is muscle growth.

Overall, mass gainers should provide sufficient energy and protein for you to gain weight and muscle mass.

Are there things to watch out for when you're choosing a mass gainer? In general, it's a good idea to consider the following when choosing a mass gainer supplement:

- **Calorie quantity.** One of the most critical aspects of gaining weight is a calorie surplus. However, if your main objective is to grow muscle, you may need a smaller calorie increase than someone gaining weight. Therefore, a mass gainer's overall calorie per portion will play an essential role in your choice. It's a good idea to see how a mass gainer can be incorporated into your meal plan.
- **Protein quantity.** Whether you're gaining weight or building muscle, protein is essential. It supplies amino acids to build lean muscle mass. Therefore, people looking to build muscle can benefit from larger quantities of protein.
- **Ingredient quality.** Mass gainers can be long-term supplements. You want to make sure that you're using a quality mass gainer. This includes the type of

protein that the mass gainer uses and the overall ingredients. Choose brands that are open about their quality standards. At Maxler, we pride ourselves on knowing that our products are made in GMP and IFS-certified production plants.

- **Taste.** Any supplement works better when taken consistently in line with your goals. If you're aiming to build muscle or gain weight, the process will take time. Therefore, choose a gainer that you enjoy drinking. Don't be afraid to experiment, whether it's a taste or a texture thing. After all, you know what suits you best.
- **Additional ingredients.** You may benefit from additional ingredients in your mass gainer if you have particular concerns. Maxler Special Mass contains additional creatine to supercharge your gains. Other gainers may include vitamins, minerals, or other additions. However, if you'd rather not have any extras, pick a gainer that's just a mix of carbs, protein and fats.

The bottom line is that your gainer should fit into your routine and nutritional requirements, so choose a composition that works for you. The best mass gainer for women and men is one that fits your lifestyle.

How Should You Use A Mass Gainer?

Is there a best way to use a mass gainer? Many people naturally wonder how to use a mass gainer.

Mass gainers are intuitive to use. Simply follow the instructions on your gainer. Add the required number of gainer scoops and mix with water or milk for a shake. You can play around with the proportions until you find a texture that works for you.

A mass gainer shake aims to help you meet your daily calorie requirements. Therefore, a shake can be used at any point during the day as a snack or instead of a meal. Alternatively, mass gainers' high carb and protein content make them a tremendous after-workout snack. That can promote muscle growth and glycogen resynthesis.

Mass gainers are a great way to support multiple goals at once. They can suit those trying to put on mass or gain weight, as well as those trying to build muscle, whether for aesthetics or performance. Mass gainers can also be an easy way to increase your protein intake.



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