PRO PERFORMANCE® RESULTS

Numbers matter when you want to increase mass and muscle. This scientifically formulated gainer contains 1,340 nutrient-dense calories and 50 grams of high-quality protein to help you increase size and overall body strength.*^ Bulk 1340 also provides 10 grams of glutamine, an important amino acid for maintaining positive immune response and muscle function to support your wellness goals.*

Branched Chain Amino Acids are known to help reduce muscle breakdown. This formula includes 11 grams of BCAA, for muscle recovery and growth, and creatine to help your muscles produce energy for exercise.*^

PRO PERFORMANCE® RESULTS

Bulk 1340 is tested and certified Banned Substance Free. It tastes great and mixes easily with a simple shake or blend. Fast-absorbing to conveniently support maximum wellness.*

^When used in conjunction with an exercise program.

WAYS TO ENJOY YOUR BULK 1340

1. **SHAKE** *Combine with cold water, milk or your favorite beverage in a shaker cup*
2. **BLEND** *Make a delicious smoothie adding fruits, juices, peanut butter or yogurt*

CODE 414682 GRG

DIRECTIONS: As a dietary supplement, mix two heaping scoops (360 g) with 24 fl. oz. of cold water or milk. Consume 1-2 servings per day.

Supplement Facts

Serving Size	2 Heaping Scoops (360 g) in Water		2 Heaping Scoops (360 g) in 2% Milk	
Servings Per Container	15		15	
Amount Per Serving		% Daily Value		% Daily Value
	1340		1710	
Calories from Fat	30		160	
Total Fat	3.5 g	5%†	18 g	28%†
Saturated Fat	2 g	10%†	11 g	55%†
Cholesterol	65 mg	22%	125 mg	42%
Total Carbohydrates	277 g	92%†	312 g	104%†
Fiber	2	8%†	2	8%†
Sugar	11 g	*	46 g	*
Protein	50 g		74 g	
Vitamin A	5000 IU	100%	6390 IU	128%
Vitamin C	60 mg	100%	60 mg	100%
Vitamin D	200 IU	50%	555 IU	139%
Vitamin E	30 IU	100%	30 IU	100%
Thiamin	4.8 mg	320%	5.1 mg	340%
Riboflavin	4 mg	235%	5.3 mg	312%
Niacin	50 mg	250%	50.5 mg	253%
Vitamin B-6	5 mg	250%	5.3 m	265%
Folic Acid	400 mcg	100%	435 mcg	109%
Vitamin B-12	10 mcg	167%	13.5 mcg	225%
Biotin	300 mcg	100%	300 mcg	100%
Pantothenic Acid	25 mg	250%	27.5 mg	275%
Calcium	730 mg	73%	1605 mg	161%
Iron	9 mg	50%	9 mg	50%
Phosphorus	690 mg	69%	1360 m	136%
Iodine	150	100%	150	100%
Magnesium	220 mg	55%	300 mg	75%
Zinc (as Zinc Citrate)	15 mg	100%	18.5 mg	123%
Selenium	70 mcg	100%	88 mcg	126%
	1.5	75%	1.5 m	75%
Mangenese	2.5 mg	125%	2.6 m	130%
Chromium	200 mcg	167%		167%
Molybdenum	75 mcg	100%		100%
Sodium	330	14%		28%
Potassium	1210 mg	35%	2240 mg	64%
Anabolic Amino Maximizer				
Glutamine/Glutamic Acid (as Whey Protein Concentrate, Calcium Caseinate, Whey Protein Isolate, Milk Protein Isolate, Glutamine Peptides [Hydrolyzed Whey, L-Glutamine] and Egg Albumen)	10 g		15 g	
Leucine (as Whey Protein Concentrate, Calcium Caseinate, Whey Protein Isolate, Milk Protein Isolate, L-Leucine and Egg Albumen)	6 g		8.5 g	
Isoleucine (as Whey Protein Concentrate, Calcium Caseinate Whey Protein Isolate Milk Protein Isolate and Egg Albumen)	2.5 g		4 g	
Valine (as Whey Protein Concentrate, Calcium Caseinate, Whey Protein Isolate, Milk Protein Isolate and Egg Albumen)	2.5 g		4 g	
Tyrosine (as Whey Protein Concentrate, Calcium Caseinate, Whey Protein Isolate, L-Tyrosine and Egg Albumen)	2 g			
Arginine (as Whey Protein Concentrate, Calcium Caseinate, Whey Protein Isolate, Milk Protein Isolate and Egg Albumen)	1 g		1.5 g	
Creatine (as Creatine Monohydrate)	1 g		1 g	
Choline (as Choline Bitartrate)	250 mg		360 mg	
Inositol	250 mg		250 mg	
PABA (as Para-aminobenzoic Acid)	5 mg		5 mg	

† 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, Whey Protein Isolate, Milk Protein Isolate, Egg Albumen), Cocoa (Processed with Alkali), Natural and Artificial Flavors, Vitamin and Mineral Blend (Calcium Phosphate, Potassium Phosphate, Magnesium Aspartate, Ascorbic Acid, Niacinamide, d-Alpha Tocopheryl Acetate, Biotin, Zinc Citrate, d-Calcium Pantothenate, Natural Beta Carotene, L-Selenomethionine, Ferrous Fumarate, Chromium Amino Acid Chelate, Manganese Sulfate, Thiamin Mononitrate, Pyridoxine HCL, Folic Acid, Molybdenum Amino Acid Chelate, Riboflavin, Potassium Iodide, Cholecalciferol, Copper Oxide, Cyanocobalamin), Guar Gum, TRAACS® Magnesium Bisglycinate Chelate, Sucralose, Acesulfame Potassium.

CONTAINS: Egg, Milk and Soybeans.

WARNING: Consult your physician prior to using this product if you are pregnant, nursing, taking medication, under 18 years of age or have a medical condition.
Discontinue use two weeks prior to surgery.

Manufactured on equipment that processes products containing soybeans (lecithin), milk, peanut flavor, wheat, shellfish, tree nuts, fish oil and eggs.

NOTICE: Significant product settling may occur.

TRAACS® is a registered trademark of Albion International, Inc.

Gluten Free.

GLUTEN FREE

* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

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KEEP OUT OF REACH OF CHILDREN
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BULK 1340

High-Calorie Mass Gainer

Supports Muscle Energy, Recovery & Growth*^

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15 SERVINGS
Net Wt 12 lb (192 oz) 5443 g

DOUBLE CHOCOLATE
NATURAL AND ARTIFICIAL FLAVORS