



Muscle Gain Chocolate

NUTRITION FACTS

Serving Size: 2 slightly rounded scoops
(1.46oz / 41.5g) [makes 8 fl oz prepared]
Servings Per Container: 25

| Amount Per Serving | | %DV* | |
|------------------------------|----------------------|------|-----|
| Calories 150 | Calories from Fat 20 | | |
| Total Fat 2g | | | 3% |
| Saturated Fat 1.5g | | | 8% |
| Trans Fat 0g | | | |
| Cholesterol 50mg | | | 17% |
| Sodium 115mg | | | 5% |
| Potassium 280mg | | | 8% |
| Total Carbohydrate 8g | | | 3% |
| Dietary Fiber 1g | | | 4% |
| Sugars 4g | | | |
| Protein 25g | | | |
| Vitamin A 0% | Vitamin C 60% | | |
| Calcium 35% | Iron 8% | | |
| Thiamine 230% | Riboflavin 230% | | |
| Niacin 30% | Vitamin B-6 310% | | |
| Vitamin B-12 150% | Biotin 10% | | |
| Pantothenic acid 60% | Phosphorus 25% | | |
| Magnesium 15% | Manganese 60% | | |

*Percent Daily Values (DV) are based on a 2,000-calorie diet. Your daily values may be higher or lower depending on your calorie needs.

| | Calories: | 2,000 | 2,500 |
|--------------------|-----------|---------|---------|
| Total Fat | Less than | 65g | 80g |
| Saturated Fat | Less than | 20g | 25g |
| Cholesterol | Less than | 300mg | 300mg |
| Sodium | Less than | 2,400mg | 2,400mg |
| Potassium | Less than | 3,500mg | 3,500mg |
| Total Carbohydrate | | 300mg | 375mg |
| Dietary Fiber | | 25g | 30g |
| Protein | | 50g | 65g |

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: METABOLICALLY BALANCED PROTEIN (WHEY PROTEIN CONCENTRATE, CALCIUM CASEINATE, MILK PROTEIN CONCENTRATE, BRANCHED-CHAIN AMINO ACIDS [L-LEUCINE, L-ISOLEUCINE, L-VALINE]), COCOA POWDER, FRUCTOSE, NATURAL FLAVOR, CALCIUM PHOSPHATE, MAGNESIUM OXIDE, ASCORBIC ACID, SUCRALOSE, PYRIDOXINE HYDROCHLORIDE, CALCIUM PANTOTHENATE, NIACIN, ACESULFAME POTASSIUM, MANGANESE SULFATE, PAPAINE, BROMELAIN, THIAMINE HYDROCHLORIDE, RIBOFLAVIN, BIOTIN, CYANOCOBALAMIN. **CONTAINS MILK-BASED INGREDIENTS. THIS PRODUCT WAS MANUFACTURED IN A FACILITY THAT ALSO PROCESSES SOY, TREE NUTS, PEANUTS AND WHEAT-CONTAINING INGREDIENTS.**

Directions for Use: Blend, shake or briskly stir contents of two slightly rounded scoops into 8 fluid ounces of water or the beverage of your choice. Can be blended with fresh or frozen fruit for flavor variety.

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| Serving size may be adjusted to individual need: |
| Two slightly rounded scoops = 41.5g (25g protein) |
| Four slightly rounded scoops = 83g (50g protein) |
| Six slightly rounded scoops = 124.5g (75g protein) |

NOTICE: USE THIS PRODUCT AS A FOOD SUPPLEMENT ONLY. DO NOT USE FOR WEIGHT REDUCTION.

Note: This product has been filled by weight, not by volume. Contents may have settled during shipping.



P2602/01L0413

Muscle Gain™ Vanilla

| NUTRITION FACTS | |
|--|----------------------|
| Serving Size: 2 slightly rounded scoops (1.32oz / 37.5g) [makes 8 fl oz prepared] | |
| Servings Per Container: 25 | |
| Amount Per Serving | |
| Calories 130 | Calories from Fat 15 |
| | %DV* |
| Total Fat 2g | 3% |
| Saturated Fat 1.5g | 8% |
| Trans Fat 0g | |
| Cholesterol 50mg | 17% |
| Sodium 115mg | 5% |
| Potassium 100mg | 3% |
| Total Carbohydrate 4g | 1% |
| Dietary Fiber 0g | 0% |
| Sugars 4g | |
| Protein 25g | |
| Vitamin A 0% | • Vitamin C 60% |
| Calcium 35% | • Iron 2% |
| Thiamine 230% | • Riboflavin 230% |
| Niacin 30% | • Vitamin B-6 310% |
| Vitamin B-12 150% | • Biotin 10% |
| Pantothenic acid 60% | • Phosphorus 25% |
| Magnesium 15% | • Manganese 60% |

*Percent Daily Values (DV) are based on a 2,000-calorie diet. Your daily values may be higher or lower depending on your calorie needs.

P2601/01L0413

| | Calories: | 2,000 | 2,500 |
|--------------------|-----------|---------|---------|
| Total Fat | Less than | 65g | 80g |
| Saturated Fat | Less than | 20g | 25g |
| Cholesterol | Less than | 300mg | 300mg |
| Sodium | Less than | 2,400mg | 2,400mg |
| Potassium | Less than | 3,500mg | 3,500mg |
| Total Carbohydrate | | 300mg | 375mg |
| Dietary Fiber | | 25g | 30g |
| Protein | | 50g | 65g |

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: METABOLICALLY BALANCED PROTEIN (WHEY PROTEIN CONCENTRATE, CALCIUM CASEINATE, MILK PROTEIN CONCENTRATE, BRANCHED-CHAIN AMINO ACIDS [L-LEUCINE, L-ISOLEUCINE, L-VALINE]), FRUCTOSE, NATURAL AND ARTIFICIAL FLAVORS, CALCIUM PHOSPHATE, MAGNESIUM OXIDE, ASCORBIC ACID, TITANIUM DIOXIDE, SUCRALOSE, PYRIDOXINE HYDROCHLORIDE, CALCIUM PANTOTHENATE, NIACIN, ACESULFAME POTASSIUM, MANGANESE SULFATE, PAPAIN, BROMELAIN, THIAMINE HYDROCHLORIDE, RIBOFLAVIN, BIOTIN, CYANOCOBALAMIN. **CONTAINS MILK-BASED INGREDIENTS. THIS PRODUCT WAS MANUFACTURED IN A FACILITY THAT ALSO PROCESSES SOY, TREE NUTS, PEANUTS AND WHEAT-CONTAINING INGREDIENTS.**

Directions for Use: Blend, shake or briskly stir contents of two slightly rounded scoops into 8 fluid ounces of water or the beverage of your choice. Can be blended with fresh or frozen fruit for flavor variety.

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|---|
| Serving size may be adjusted to individual need: |
| Two slightly rounded scoops = 37.5g (25g protein) |
| Four slightly rounded scoops = 75g (50g protein) |
| Six slightly rounded scoops = 112.5g (75g protein) |

NOTICE: USE THIS PRODUCT AS A FOOD SUPPLEMENT ONLY. DO NOT USE FOR WEIGHT REDUCTION.

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