



MRM's **All Natural Gainer** is an ideal health supplement for individuals looking to add useful calories to their diets as well as to increase or maintain lean body mass. All Natural Gainer makes it simple to add extra calories, in proper proportions, to a delicious beverage without the hassle of preparing another to-go meal. It was designed for all age groups and active lifestyles.

Three Essential Food Categories with Optimal Ingredients

MRM's unique protein complex provides all the essential amino acids to enhance lean muscle growth. **Natural Protein Optimizer™** is a special combination of ultra-filtered, low temperature processed whey protein concentrate, instantized calcium caseinate, crossflow microfiltered whey protein isolate, micellar casein and enzymes to provide with both immediate and sustained release of amino acids. **Natural Protein Optimizer™** provides optimal amounts of essential amino acids that growing muscles crave, especially BCAA's, Glutamine and Arginine. MRM emphasizes the amount of protein per serving since it is the most prominent macronutrient proven to increase lean muscle mass.

Additionally, MRM has added trehalose, a slow release energy substrate that renders little to no effect on insulin with maximum effect on energy and minimal fat storage. **All Natural Gainer** contains a unique carbohydrate complex consisting of glucose polymers (95% sugar free) and "low glycemic index" fructose. This preferable combination of carbohydrates provides calories that are less prone to increase "body fat" while offering a long-lasting source of energy.

Although fat is a highly concentrated source of energy (double that of protein and carbohydrates), MRM's **Opti-Fat™** blend was precisely chosen for its ability to be metabolized quickly for energy while offering unique benefits to the heart and cell membrane.** **Opti-Fat™** is an all natural fat complex that includes Medium Chain Triglycerides (MCTs), sunflower oil and omega-3 fatty acids DHA (docosahexaenoic acid) and EPA (eicosapentaenoic acid). MCTs are well known for their ability to be metabolized quickly into energy sparing protein for building lean tissue. DHA and EPA are long chain omega-3 fatty acids which are mostly deficient in the standard American diet. DHA, specifically, has been widely acclaimed for its structural benefits in brain development and cognition during adolescence and maintaining mental acuity in the elderly. Combine MRM's All Natural Gainer with a sensible diet and physical exercise program for best overall lean body mass gains.

**This statement has 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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Formulated by & Manufactured for:
MRM
2665 Vista Pacific Dr.
Oceanside, CA 92056 USA
www.mrm-usa.com • 1-800-948-6296

100% ALL NATURAL All Natural GAINER

**NO ARTIFICIAL SWEETENERS
NO ARTIFICIAL FLAVORS
WITH OMEGA-3 DHA and EPA**

Hormone Free, and BSE Free!

Chocolate

**Mixes Instantly
Net Weight
3.3lbs. (1512g)**

**Creamy & Delicious
25g Protein/Serving
18 Servings**

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Supplement Facts

Serving Size 2 packed scoops (84 g)
Servings Per Container: 18

	8-10oz water	8oz milk [2%]		
Calories	350	488		
Calories From Fat	59	102		
Amount Per Serving	%DV*	APS	%DV*	
Total Fat	7 g	10%	12 g	19%
Saturated Fat	2 g	10%	5 g	25%
Trans Fat	0 g	†	0 g	†
Cholesterol	65 mg	23%	85 mg	28%
Sodium	150 mg	6%	195 mg	8%
Potassium	350 mg	10%	688 mg	19%
Total Carbohydrates	49 g	16%	63 g	18%
Dietary Fiber	2 g	8%	2 g	8%
Sugars	10 g	†	23 g	†
Protein	25 g	50%	35 g	100%
Vitamin A	0 mg	0%	12 IU	<1%
Vitamin C	5 mg	8%	8 mg	13%
Thiamin	0 mg	0%	111 mcg	7%
Riboflavin	0 mg	0%	477 mcg	27%
Niacin	0 mg	0%	248 mcg	<1%
Vitamin B6	0 mg	0%	125 mcg	6%
Folate	0 mcg	0%	15 mcg	4%
Vitamin B12	0 mcg	0%	1 mcg	17%
Pantothenic Acid	0 mg	0%	925 mcg	9%
Calcium	210 mg	21%	562 mg	56%
Iron	1 mg	6%	100 mcg	7%
Phosphorus	0 mg	0%	276 mg	27%
Magnesium	0 mg	0%	39 mg	10%
Zinc	0 mg	0%	1 mg	7%
Copper	0 mg	0%	20 mcg	1%
Manganese	0 mg	0%	5 mcg	1%
Omega-3 Blend (Algae Source of EPA & DHA)	27 mg	†	27 mg	†

*Percent Daily Values are based on a 2,000 calorie diet.
†Daily Value not established.

Suggested Usage: Add one serving (2 scoops) to 8-10 ounces of water, skim milk, whole milk or your favorite beverage and shake for 30-60 seconds. Use a serving once a day, or ½ of a serving 2 times a day.

Ingredients: Natural Protein Optimizer™ (ultra-filtered, low temperature processed whey protein concentrate, instantized calcium caseinate, crossflow microfiltered whey protein isolate, micellar casein & Nitrozyme™-a proteolytic enzyme blend derived from plant sources), Maltodextrin, fructose, Opti-Fat (sunflower oil, soy lecithin, medium chain triglycerides, omega-3 oil (from algae), Conjugated Linoleic Acid), cocoa, natural chocolate flavors, trehalose, salt, and stevia.

Contains NO egg, peanut, tree nut, fish, shellfish, wheat, gluten or yeast.

Contains dairy and soy.

Notice: Use this product as a food supplement only. Do not use for weight reduction.

- Highest Biological Value Protein
- NO Acesulfame K
- NO Aspartame
- NO Sucralose
- NO Artificial Flavors
- NO Artificial Colors



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