

Supplement Facts

Serving Size 229g (~5 Scoops) Servings Per Container ~10

Amount Per Serving	%DV*	Amount Per Serving	%DV*
Calories	868	7-Isopropoxy-Ipriflavone	**
Calories from Fat	72	Alpha Lipoic Acid (ALA)	**
Total Fat	8g 14%*	L-Ornithine HCl	**
Saturated Fat	1g 5%*	Saw Palmetto	**
Trans Fat	0g 0%*	Metabolic Optimizers & Performance Factors	750mg
Cholesterol	3mg 1%*	Kola Nut Powder	**
Sodium	920mg 38%*	Korean Ginseng	**
Total Carbohydrate	162g 54%*	Milk Thistle	**
Dietary Fiber	4g 16%*	Beta-Alanine	**
Sugars	77g **	Bromelain	**
Protein	37g 74%*	Lipotropics & Ergogenics	900mg
Vitamin A	4750IU 95%	Creatine Monohydrate	**
Vitamin C	60mg 100%	Inositol	**
Vitamin D	380IU 95%	Choline Bitartrate	**
Vitamin E	30IU 100%	L-Glutamine	**
Thiamin	1.5mg 100%	L-Carnitine	**
Riboflavin	2.04mg 120%	Gain Fast Specialized Amino Acid Complex	37,000mg
Niacin	19mg 95%	L-Glutamic Acid	**
Vitamin B6	1.9mg 95%	L-Leucine	**
Folic Acid	380mcg 95%	L-Aspartic Acid	**
Vitamin B12	5.7mcg 95%	L-Lysine	**
Calcium	1000mg 100%	L-Threonine	**
Phosphorous	950mg 95%	L-Isoleucine	**
Magnesium	100mg 25%	L-Valine	**
Zinc	7.5mg 50%	L-Proline	**
Selenium	10.5mcg 15%	L-Alanine	**
Potassium	700mg 20%	L-Serine	**
		L-Phenylalanine	**
Anabolic Gaining Agents	2000mg	L-Tyrosine	**
Arginine Alpha-Ketoglutarate (AKG)	**	L-Cystine	**
Beta Sitosterol	**	L-Arginine	**
Muira Puama	**	L-Methionine	**
Kudzu Root Powder	**	L-Histidine	**
5-Methyl-7-Methoxyisoflavone	**	L-Glycine	**
		L-Tryptophan	**

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

OTHER INGREDIENTS: ProtoCarb Plus (Universal's High Performance Carbohydrate Complex consisting of high energy glucose polymers, maltodextrin (long-chained complex carbohydrates), pure crystalline fructose, and dextrose), non-fat dry milk, Super Protein EX (Universal's Superior Protein Blend consisting of the highest biological value peptide-bonded caseinate (milk) and ultra-filtrated whey protein concentrate with naturally occurring branched chain amino acids L-leucine, L-isoleucine and L-valine), sunflower oil, cellulose, natural and artificial flavors, monoglycerides, dipotassium phosphate, silicon dioxide, tocopherols, dicalcium phosphate, potassium sulfate, vitamin matrix (ascorbic acid, dl-alpha tocopherol acetate, niacinamide, d-calcium pantothenate, vitamin a acetate, pyridoxine HCl, thiamin mononitrate, riboflavin, cholecalciferol, folic acid, cyanocobalamin), magnesium oxide, FD&C red #40, lecithin (soy), zinc oxide. Made in a GMP facility that uses milk, soy, egg, peanuts.

DOSAGE: Mix 5 scoops of Gain Fast™ with 16 oz. of your beverage of choice. Mix thoroughly (preferably in a blender with crushed ice for a rich, thick, delicious, frosty milk shake). For best results, take one to three servings of Gain Fast™ daily in addition to regular meals. Use in conjunction with a proper training and nutrition program. With Gain Fast's exclusive "Get Big Quick" formula, you can get over 3100 calories from 157g of protein, 330g of carbs and 82g of fat. For full recipe info, visit www.universalnutrition.com/GetBigQuick

WARNINGS: Keep out of reach of children. Before beginning any program, consult your health care practitioner.

NOTE: Do not use as your sole source of calories.

*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.



MADE PROUDLY IN THE U.S.A.
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GAIN FAST 3100

STRAWBERRY SHAKE

Anabolic Weight Gain Supplement

Net Wt 5.1 lb (2.3 kg)

"Get Big Quick" Formula

| Engineered for Maximum Gains in Mass & Size | High in Protein & Complex Carbs

WHO WE ARE Universal Nutrition has been providing cutting edge and staple nutritional supplements to bodybuilders and hard training athletes the world over since 1977. As time passes, certain ideals never go out of style. Honesty. Integrity. Respect. These are the values we uphold and are the bedrock upon which we built our business. **WHAT IT IS** Gain Fast™ from Universal is powerful and massive anabolic weight gaining formula. Gain Fast™ was our first weight gainer scientifically-engineered and formulated to help you attain solid gains of hard mass, without fat or wasted calories. Gain Fast™ is protein-rich, complex carbohydrate-dense and packed with advanced anabolic gaining agents, all designed to help target the cellular growth areas of your body. Gain Fast™ was also the first weight gainer to offer you a 3100+ calorie potential. With high amounts of quality protein, complex carbohydrates and added vitamins and minerals, Gain Fast™ is one of the most complete gaining formulas available. The exclusive "Get Big Quick" formula lets you exceed the weight gaining barriers by fueling your body with an incredible 3100+ quality calories. **HOW WE BACK IT UP** What is on the label is in the bottle and what is in the bottle will help you reach your goals. We guarantee it. Backed by our 100% ironclad money back guarantee, we proudly stand behind every item we produce. If for whatever reason you are not satisfied with any product bearing our name, simply return it to your place of purchase with a receipt for a full refund. Our word is our bond.