

PRO PERFORMANCE® RESULTS

Complete Vegan Gainer is an all-in-one performance formula with 550 calories from 17 plant-based sources and whole-food-based blends.¹ This formula provides 50 grams of complete protein, a protein that gives you all 9 essential amino acids in amounts appropriate for your nutrition.² Whether you want to gain muscle or satisfy your hunger, you can use this delicious protein to meet your nutritional needs.^{3,4}

This performance gainer provides 9 grams of branched chain amino acids (BCAA) to help fuel muscles, along with key amino acids glutamine and glutamic acid to support immune response.^{5,6} Complete Vegan Gainer also has 70 grams of clean, maltodextrin-free carbs featuring ancient grains and 8 grams of hunger-satisfying fiber.^{7,8} These high-quality carbs support glycogen replenishment for energy regeneration. And it includes clinically proven beet extract to enhance athletic performance.^{9,10}

PRO PERFORMANCE® QUALITY

Complete Vegan Gainer sets the standard for quality, nature-based sports nutrition without sacrificing delicious taste or the performance benefits you'd expect from the industry leader. It provides powerful, natural compounds and clinically studied ingredients, plus it is certified Banned Substance Free.¹¹

¹When used in conjunction with an exercise program.

²Per 4 scoop serving.



Products bearing this logo have been tested for banned substances by LGC Science, Inc., a world-class anti-doping lab. *Product was tested for over 145 banned substances on the 2017 World Anti-Doping Agency (WADA) Prohibited List via LGC skip lot testing protocol #PCP307. See gnc.com for more information.



KEEP OUT OF REACH OF CHILDREN.
Store in a cool, dry place.

For More Information:
1-888-462-2548

SHOP NOW @ GNC.COM

Distributed by:
General Nutrition Corporation
Pittsburgh, PA 15222 USA

¹These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

GNC

PRO PERFORMANCE®

50G | **550** | **70G** | **9G**
PROTEIN | CALORIES | CARBS | BCAA

COMPLETE VEGAN GAINER

Vegan Aminos to Fuel Muscle Growth & Repair¹²

Quality Carbs from Ancient Grains

DIETARY SUPPLEMENT

Net Wt 4.48 lb (71.61 oz) 2030 g



NATURAL CHOCOLATE

NATURAL FLAVORS



CODE 369876

DIRECTIONS: As a dietary supplement, mix 2-4 scoops (72.5-145 g) with 10-20 fl. oz. of water, almond milk, rice milk or your favorite beverage and blend well.

CSG

Supplement Facts

Serving Size	Two Scoops (72.5 g)	Four Scoops (145 g)
Servings Per Container	28	14
Amount Per Serving	% Daily Value	% Daily Value
Calories	280	550
Total Fat	5 g 6%†	10 g 13%†
Saturated Fat	1 g 5%†	2 g 10%†
Trans Fat	0 g *	0 g *
Cholesterol	0 mg 0%	0 mg 0%
Total Carbohydrates	35 g 13%†	70 g 25%†
Dietary Fiber	4 g 14%†	8 g 28%†
Total Sugars	5 g *	10 g *
Includes Added Sugars	2 g 4%†	4 g 8%†
Protein	25 g 5%	50 g 11%
Calcium	70 mg 33%	140 mg 67%
Iron	6 mg 33%	12 mg 64%
Magnesium	140 mg 33%	270 mg 64%
Zinc (as Zinc Citrate)	2.5 mg 23%	5 mg 46%
Sodium	180 mg 8%	350 mg 15%
Potassium	480 mg 10%	950 mg 20%
Whole-Food-Based Vegan Performance Blend	2745 mg	5490 mg
Zucchini Powder	1420 mg *	2840 mg *
Betaine (as BETAPOWER® Betaine Anhydrous)	1250 mg *	2500 mg *
elevATP® (Ancient Peas and Apple Extract)	75 mg *	150 mg *
Nutrient Digestion Blend	50 mg	100 mg
Bromelain (from Pineapple Stem)	25 mg *	50 mg *
Papain (from Papaya Fruit)	25 mg *	50 mg *
Functional Flavor System	6440 mg	12880 mg
Cocoa Powder, Natural Chocolate Flavors, Natural Vanilla Flavor, Other Natural Flavors and Cocoa Extract (10% Theobromine = 1 mg)		

† Percent Daily Values are based on a 2,000 calorie diet.

* Daily Value not established.

OTHER INGREDIENTS: Protein Blend (Pea Protein Isolate, White Bean Powder, Quinoa Powder, Brown Rice Protein Concentrate, Flaxseed Powder, Whole Algal Protein, Chia Seed Meal), Carb Blend (Pea Starch [as Carb10™], Sweet Potato Powder, MedCarb® [Oat Bran, Amaranth, Quinoa, Buckwheat, Millet, Chia]), Fat Blend (Flaxseed Powder, Sunflower Oil, Safflower Oil, Chia Seed Meal), Polydextrose, TRAACS® Magnesium Bisglycinate Chelate, Gum Blend (Organic Gum Acacia, Organic Guar Gum, Xanthan Gum), Monk Fruit Extract, Stevia Extract, Silicon Dioxide.

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

NOTICE: Significant product settling may occur.



Complete Vegan Gainer Contains:

- ✓ No Gluten
- ✓ No Dairy or Lactose
- ✓ No Soy
- ✓ Non-GMO¹³
- ✓ No Banned Substances
- ✓ No Artificial Flavors, Colors or Sweeteners
- ✓ No Preservatives
- ✓ No Wheat, Fish or Egg
- ✓ No Sugar Alcohols

¹³Our products are tested by an independent third party lab for genetically modified material and test below a 0.9% threshold.



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WAYS TO ENJOY YOUR COMPLETE VEGAN GAINER

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

3

EAT
Mix powder in your oatmeal, yogurt or your favorite food