

**TIRED OF TRYING TO
ADD MUSCLE WEIGHT, BUT
END UP JUST GAINING FAT?**

TapouT® Sports Nutrition designed the most revolutionary weight gain product, BULK-UP™ Weight Gainer. TapouT®'s BULK-UP™ is packed with an effective 800 calories, proven to gain mass without adding fat to your body.[†] So good, it tastes like an ice cream milkshake, but supplies high quality protein and carbohydrates to improve performance, repair muscles and delay fatigue.[†] Consume BULK-UP™ daily along with muscle ripping workouts and watch your muscles grow, packing on the right size you seek.[†] Gaining weight has never been so easy and delicious!

How To Use: use BULK-UP™ Weight Gainer (3) three times per day:

1. Immediately upon waking to feed your muscles, which have been starving during sleep.
2. After training, to feed your muscles with nutrients they need for growth, repair and recovery.[†]
3. Before bed, to prevent muscle-loss while you sleep. Keeps your muscles fed with the right calories to maintain your gains.[†]



TAPOUTSN.COM

The Revolution In Nutrition™

We started TapouT® Nutrition to assist and inspire you to reach your training goals. I believe if you use these products, and apply yourself, you will get the results you want and feel great about yourself!

With the right attitude and passion, anything is possible!

Dan Caldwell

Dan Caldwell a.k.a. PunkAss
TapouT LLC, CEO and Co-Founder

† 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.

BULK-UP™ WEIGHT GAINER

800 CALORIES PER SERVING

MIXES INSTANTLY!

**SUPERIOR WEIGHT GAINER†
ENERGY SUPPORT†**

CHOCOLATE

Natural & Artificial Flavoring

DIETARY SUPPLEMENT Net Wt. 3.4 lbs. (1,552g)

**36g
PROTEIN**

**BULK-UP™
WEIGHT GAINER**

Supplement Facts

Serving Size 4 Scoops (194g) Servings Per Container 8

	Amount Per Serving	% DV*
Calories	800	
Calories from Fat	172	
Total Fat	19 g	30%
Saturated Fat	7 g	36%
Trans Fat	0 g	
Cholesterol	74 mg	25%
Sodium	181 mg	8%
Total Carbohydrate	121 g	42%
Dietary Fiber	5 g	
Sugars	23 g	
Protein	36 g	
Vitamin A (25% as beta carotene)	1717 IU	34%
Vitamin C	35 mg	60%
Vitamin D	166 IU	42%
Vitamin E	25 IU	80%
Thiamine	622 mcg	41%
Riboflavin	700 mcg	41%
Niacin	8 mg	41%
Vitamin B6	830 mcg	41%
Folic Acid	166 mcg	41%
Vitamin B12	2 mcg	34%
Biotin	125 mcg	41%
Pantothenic Acid	4 mg	41%
Calcium	363 mg	36%
Iron	16 mg	90%
Potassium	25 mg	<1%
Iodine	62 mcg	41%
Magnesium	166 mg	42%
Zinc	6 mg	41%
Selenium	17 mcg	25%
Copper	830 mcg	42%
Manganese	830 mcg	42%
Chromium	42 mcg	35%
Molybdenum	8 mcg	2%

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

INGREDIENTS: Maltodextrin, Bulk-Up™ proprietary blend (consisting of: whey protein concentrate, egg albumen, calcium caseinate), fructose, cocoa powder, canola oil, safflower oil, medium-chain triglycerides, fiberol, natural & artificial flavoring, Metavite (proprietary vitamin-mineral formulation which includes: dicalcium phosphate, magnesium oxide, potassium phosphate, potassium citrate, vitamin E acetate, ascorbic acid, ferrous fumarate, beta carotene, boron proteinate, biotin, niacinamide, zinc oxide, manganese gluconate, vitamin A palmitate, calcium pantothenate, molybdenum amino acid chelate, copper gluconate, folic acid, vitamin D3, copper sulfate, pyridoxine hydrochloride, thiamine mononitrate, riboflavin, chromium polynicotinate, selenium amino acid chelate, potassium iodide, cyanocobalamin), lecithin, silicon dioxide. Contains milk, egg, and soy derivatives.

Essential Amino Acids in each serving:

L-Leucine	3,305 mg	L-Methionine	583 mg
L-Isoleucine	1,363 mg	L-Phenylalanine	1,053 mg
L-Valine	1,400 mg	L-Threonine	1,572 mg
L-Lysine	2,527 mg	L-Tryptophan†	662 mg

† This product contains no added L-tryptophan.

All L-tryptophan in this product occurs as a natural constituent of the proteins.

DIRECTIONS FOR USE: Gradually add 4 scoops of Bulk-Up™ Weight Gainer into 2 cups (16 oz. or 500 ml) of cold water or milk and mix vigorously.
FOR BEST RESULTS: Use up to 3 times daily; immediately upon waking, after training, and 1 hour before bedtime. Eat at least 4 meals of nutritious food each day.

*Mixing with 16 oz. whole milk adds: 292 Calories; 16g of Protein and 25g of Carbohydrates.

ALLERGY WARNING: Produced in a facility that processes milk, egg, soy, peanuts, soybeans, tree nuts, wheat and crustacean shellfish derivatives.

WARNING: Not intended for use by persons under 18 or those with a medical condition. Consult your physician before using this or any other dietary supplement.

Contents may settle: filled by weight, not by volume.

Product Code: T08C3 0.1-0.108/09



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BEC Approved Plant #1051683