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. To 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.1 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.1
- 3. Before bed, to prevent muscle-loss while you sleep. Keeps your muscles fed with the right calories to maintain your gains.



TAPOUTSN.COM

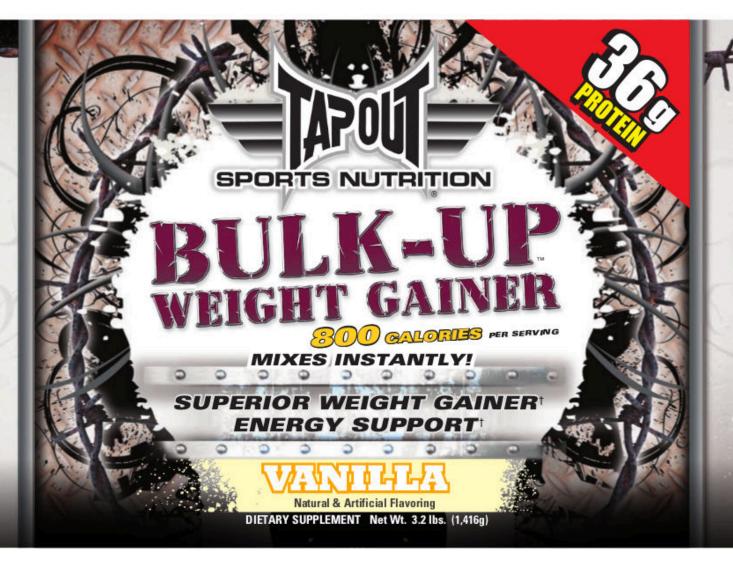
The Revolution In Nutrition™

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 a.k.a. PunkAss

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.





Supplement Facts

Serving Size 4 Scoops (177g) Servings Per Container 8

Amount	Per Serving	%DV*
Calories	800	
Calories from Fat	153	97.0
Total Fat	17 g	26%
Saturated Fat	5 g	26%
Trans Fat	0 g	5988
Cholesterol	72 mg	24%
Sodium	154 mg	7%
Total Carbohydrate	123 g	42%
Dietary Fiber	5 g	
Sugars	23 g	
Protein	70 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%
lodine	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-UpTM proprietary blend (consisting of: whey protein concentrate, egg albumen, calcium caseinate), fructose, canola dil, safflower oil, medium-chain triglycerides, fibersol, natural & artifidal flavoring, Metavite (proprietary vitamin-mineral formulation which includes: dicaldium phosphate, magnesium oxide, potassium phosphate, potassium ditrate, 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, fdlic acid, vitamin D3, copper sulfate, pyridoxine hydrochloride, thiamine mononitrate, riboflavin, chromium polynicotinate, selenium amino acid chelate, potassium iodide, cyanocobalamini, lecithin, silicon dioxide, xanthan gum, carageenan, acesulfame potassium, and sucralose. Contains milk, egg, and soy derivatives.

L-Leucine 3,30	5 ma	ring: L-Methionine	583
L-Isdeucine 1,36	3 mg	L-Phenylalanine	1,0531
L-Valine 1,40	0 mg	L-Threonine	_1,572
L-Lysine 2,52	7 mg	L-Tryptophan†	662

into 2 cups (16 oz. or 500 ml) of cold water or milk and mix vicorously. 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

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

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

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

