

CUT CAREFULLY ALONG DOTTED LINE



**GAINER**

Precision Engineered has pioneered the manufacture of premium sports nutrition supplements. Our commitment to quality is the highest in our industry. Every product undergoes rigorous analysis for purity, potency, safety and freshness. **We guarantee it.**



No Wheat, No Fish.

Muscle & Weight Gainer was designed for anyone who is serious about gaining quality mass and strength, but doesn't want to sacrifice their nutrition plan by eating loads of fatty foods and other unhealthy junk. Each serving is scientifically designed to provide your body with exactly what it needs to recover from intense training and come back stronger than ever.\* Specially selected nutrients provide both immediate and sustained energy and protein synthesis.\*

**Fast & Slow Protein Blend**  
Muscle & Weight Gainer provides over 50 grams per serving of premium quality whey, casein and egg proteins - which are all great natural sources of essential amino acids and BCAAs. Whey protein provides fast-acting support after exercise or whenever you need it to quickly stimulate protein synthesis and kick-start recovery.\* Casein proteins digest slower, providing a "time released" effect to help reduce protein breakdown.\* A good source of fiber works synergistically with casein to extend the "time released" effects even further.\*

**Quality Carbs**  
Each serving is packed with quality carbs needed to replenish muscle glycogen stores after exercise.\* Hard training can deplete glycogen levels, which are needed to fuel muscle contractions and also provide a cell-volumizing effect.\* The carbohydrates within Muscle & Weight Gainer also work synergistically with whey and casein to boost protein synthesis after exercise.\*

**Balanced Levels of Fat**  
Muscle & Weight Gainer contains approximately 10% of calories from fat! Formulas that are too high in fat may slow down your progress and wreck your body composition. For hardgainers that need as many nutrients as they can get and are not concerned with fat intake, mix with whole milk for increased total calorie intake.

\*Use in conjunction with an intense daily exercise program and a balanced diet including an adequate caloric intake.

Contents are sold by weight. Some settling may occur.

**WEIGHT GAIN PLAN:** For weight gain programs of 1-3 pounds per week, try 1 shake used as directed per day for each pound per week you want to gain.

**MUSCLE BUILDER TRAINING PROGRAM:** Drink 2 shakes daily, one a few hours before your workout, and one after your workout.

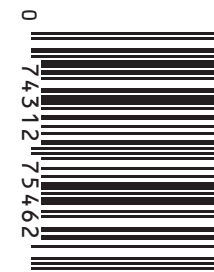
**AMINO ACIDS**

Amino Acids (approximate values) per serving (150g) (from Whey Protein Concentrate, Calcium Caseinate, Egg White Solids)

L-Alanine	2,274 mg
L-Arginine	1,886 mg
L-Aspartic Acid	5,225 mg
L-Cystine	903 mg
L-Glutamic Acid	9,935 mg
L-Glycine	1,076 mg
L-Histidine	1,296 mg
L-Isoleucine <sup>1</sup>	3,013 mg
L-Leucine <sup>1</sup>	5,703 mg
L-Lysine <sup>1</sup>	4,832 mg
L-Methionine <sup>1</sup>	1,354 mg
L-Phenylalanine <sup>1</sup>	2,283 mg
L-Proline	4,804 mg
L-Serine	3,291 mg
L-Threonine <sup>1</sup>	2,864 mg
L-Tryptophan <sup>1</sup>	815 mg
L-Tyrosine	2,135 mg
L-Valine <sup>1</sup>	3,164 mg

<sup>1</sup>Essential Amino Acids  
NOTE: L-Tryptophan is naturally occurring, not added.

**WARNING:** If you are pregnant, nursing, taking any medications or planning any medical procedure, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur. Not intended for use by persons under the age of 18. Keep out of reach of children. Store at room temperature. Do not use if seal under cap is broken or missing.



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1-800-228-4533

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**HARDCORE PRECISION ENGINEERED SERIES**

# Muscle & Weight GAINER

**Fast & Slow Proteins for Immediate and Extended Muscle Support\***

• BCAAs & ESSENTIAL AMINOS • GREAT NEW TASTE  
• 580 CALORIES ♦ • 54g PROTEIN ♦

♦ per serving

NET WT. 48 oz. (3 lb.) (1,360 g)

PROTEIN POWDER

**VANILLA**  
NATURAL & ARTIFICIAL FLAVORS

**DIRECTIONS:** For adults, mix four (4) scoops (150 g) of Muscle & Weight Gainer with two (2) cups (16 fl. ounces) of whole milk. Stir, blend or shake in your Precision Engineered® Shaker. Skim milk may be substituted for whole milk for lower fat calories and lower cholesterol. For quicker weight gain, boost your caloric intake by blending your shake with ingredients such as ice cream, nuts, honey, fresh berries, bananas and other high caloric foods.

## Nutrition Facts

Serving Size 4 scoops (150g) Servings Per Container about 9		Mix with 2 cups of whole milk		Mix with 2 cups of skim milk	
Amount Per Serving**	Mix	Amount Per Serving***	Mix with 2 cups of whole milk	Amount Per Serving****	Mix with 2 cups of skim milk
<b>Calories</b>	580	<b>Calories</b>	870	<b>Calories</b>	740
Calories from Fat 60		Calories from Fat 200		Calories from Fat 60	
	<b>%Daily Value****</b>		<b>%Daily Value****</b>		<b>%Daily Value****</b>
<b>Total Fat</b> 6g	10%	<b>Total Fat</b> 22g	34%	<b>Total Fat</b> 7g	11%
Saturated Fat 2g	11%	Saturated Fat 11g	57%	Saturated Fat 2.5g	13%
Trans Fat 0g		Trans Fat 0g		Trans Fat 0g	
<b>Cholesterol</b> 90mg	30%	<b>Cholesterol</b> 140mg	46%	<b>Cholesterol</b> 100mg	33%
<b>Sodium</b> 250mg	10%	<b>Sodium</b> 460mg	19%	<b>Sodium</b> 460mg	19%
<b>Potassium</b> 410mg	12%	<b>Potassium</b> 1,050mg	30%	<b>Potassium</b> 1,170mg	33%
<b>Total Carbohydrate</b> 76g	25%	<b>Total Carbohydrate</b> 99g	33%	<b>Total Carbohydrate</b> 100g	33%
Dietary Fiber 2g	6%	Dietary Fiber 2g	6%	Dietary Fiber 2g	6%
Sugars 8g		Sugars 34g		Sugars 33g	
<b>Protein</b> 54g	109%	<b>Protein</b> 70g	140%	<b>Protein</b> 71g	142%
Vitamin A	50%	Vitamin A	70%	Vitamin A	50%
Vitamin C	50%	Vitamin C	50%	Vitamin C	50%
Calcium	100%	Calcium	160%	Calcium	160%
Iron	50%	Iron	50%	Iron	50%
Vitamin D	50%	Vitamin D	50%	Vitamin D	50%
Vitamin E	50%	Vitamin E	50%	Vitamin E	50%
Thiamin (Vitamin B-1)	50%	Thiamin (Vitamin B-1)	60%	Thiamin (Vitamin B-1)	60%
Riboflavin (Vitamin B-2)	60%	Riboflavin (Vitamin B-2)	110%	Riboflavin (Vitamin B-2)	110%
Niacin	50%	Niacin	50%	Niacin	50%
Vitamin B-6	50%	Vitamin B-6	60%	Vitamin B-6	60%
Folic Acid	50%	Folic Acid	60%	Folic Acid	60%
Vitamin B-12	50%	Vitamin B-12	90%	Vitamin B-12	90%
Biotin	50%	Biotin	50%	Biotin	50%
Pantothenic Acid	50%	Pantothenic Acid	70%	Pantothenic Acid	70%
Phosphorus	80%	Phosphorus	120%	Phosphorus	130%
Iodine	50%	Iodine	50%	Iodine	50%
Magnesium	60%	Magnesium	70%	Magnesium	80%
Zinc	50%	Zinc	60%	Zinc	60%
Copper	50%	Copper	60%	Copper	50%
Chromium	60%	Chromium	60%	Chromium	50%

\*\*Amount in Mix. \*\*\*Amount in Mix with 2 cups whole milk. \*\*\*\*Amount in Mix with 2 cups skim milk.  
\*\*\*\*\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Sat Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Potassium	3,500mg	3,500mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g
Protein	50g	65g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

**INGREDIENTS:** Maltodextrin, Protein Blend (Whey Protein Concentrate, Calcium Caseinate, Egg White), Non-Dairy Creamer (High Oleic Sunflower Oil, Maltodextrin, Sodium Caseinate, Mono- & Di-glycerides, Dipotassium Phosphate, Soy Lecithin, Sodium Silicoaluminate, Tocopherol), Vitamin and Mineral Blend (Dicalcium Phosphate, Magnesium Oxide, Ascorbic Acid, Ferric Orthophosphate, dl-Alpha Tocopheryl Acetate, Niacinamide, Zinc Oxide, Copper Gluconate, d-Calcium Pantothenate, Vitamin A Palmitate, Pyridoxine Hydrochloride, Thiamin Hydrochloride, Riboflavin, Chromium Picolinate, Folic Acid, Biotin, Potassium Iodide, Ergocalciferol, Cyanocobalamin), Fructose, Soy Lecithin, Natural and Artificial Flavors, Guar Gum, Oat Fiber, Soy Fiber, Acesulfame Potassium, Xanthan Gum, Sucralose.

Contains milk, soy and egg ingredients.