

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.*

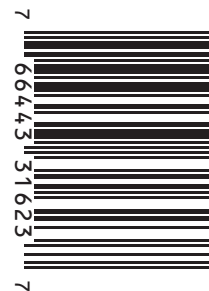
Quality Carbs
Each serving is packed with quality carbs needed to replenish muscle glycogen stores after exercise.* Hard training can deplete glycogen levels, which are needed to fuel muscle contractions and also provide a cell-volumizing effect.* The carbohydrates within Muscle & Weight Gainer also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

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.

Contents are sold by weight. Some settling may occur.



TO REORDER PROD. #31623
www.vitaminworld.com
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GAINER

HARDCORE PRECISION ENGINEERED SERIES

Muscle & Weight GAINER

Fast & Slow Proteins for Immediate and Extended Muscle Support*

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

♦ per serving

NET WT. 112 oz. (7 lb) (3,175 g)

PROTEIN POWDER

CHOCOLATE
NATURAL AND ARTIFICIAL FLAVORS

Nutrition Facts

Serving Size 4 scoops (150g)
Servings Per Container about 21

Amount Per Serving**	Mix	Amount Per Serving**	Mix with 2 cups of whole milk	Amount Per Serving****	Mix with 2 cups of skim milk
Calories	550	Calories	850	Calories	720
Calories from Fat 60		Calories from Fat 200		Calories from Fat 60	
%Daily Value*****		%Daily Value*****		%Daily Value*****	
Total Fat 6g	10%	Total Fat 22g	34%	Total Fat 7g	10%
Saturated Fat 2.5g	13%	Saturated Fat 12g	59%	Saturated Fat 3g	14%
Trans Fat 0g		Trans Fat 0g		Trans Fat 0g	
Cholesterol 85mg	28%	Cholesterol 135mg	44%	Cholesterol 95mg	31%
Sodium 260mg	11%	Sodium 480mg	20%	Sodium 470mg	20%
Potassium 750mg	22%	Potassium 1,400mg	40%	Potassium 1,520mg	43%
Total Carbohydrate 74g	25%	Total Carbohydrate 98g	33%	Total Carbohydrate 99g	33%
Dietary Fiber 4g	16%	Dietary Fiber 4g	16%	Dietary Fiber 4g	16%
Sugars 8g		Sugars 33g		Sugars 33g	
Protein 54g	108%	Protein 69g	139%	Protein 70g	141%
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	100%	Iron	100%	Iron	100%
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	70%	Magnesium	90%	Magnesium	90%
Zinc	50%	Zinc	60%	Zinc	60%
Copper	50%	Copper	60%	Copper	50%
Chromium	70%	Chromium	70%	Chromium	70%

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

Contains milk, soy and egg ingredients.

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.

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 (150 g)
(from Whey Protein Concentrate, Calcium Caseinate, Egg White Solids)

L-Alanine	2,166 mg
L-Arginine	1,813 mg
L-Aspartic Acid	4,965 mg
L-Cystine	852 mg
L-Glutamic Acid	9,511 mg
L-Glycine	1,032 mg
L-Histidine	1,245 mg
L-Isoleucine ¹	2,870 mg
L-Leucine ¹	5,428 mg
L-Lysine ¹	4,598 mg
L-Methionine ¹	1,303 mg
L-Phenylalanine ¹	2,199 mg
L-Proline	4,593 mg
L-Serine	3,146 mg
L-Threonine ¹	2,724 mg
L-Tryptophan ¹	775 mg
L-Tyrosine	2,060 mg
L-Valine ¹	3,025 mg

¹Essential Amino Acids

NOTE: L-Tryptophan is naturally occurring, not added.