

Nutrition Facts

Serving Size 3.5 Scoops (155g)
Servings Per Container ~20

Amount Per Serving		
Calories	601	Calories from Fat 45
%Daily Value*		
Total Fat	5g	8%
Saturated Fat	3g	10%
Trans Fat	0g	0%
Cholesterol	100mg	33%
Sodium	227mg	10%
Potassium	442mg	13%
Total Carbohydrate	87g	30%
Dietary Fiber	<1g	2%
Sugars	8g	
Protein	52g	104%

Vitamin A <2% • Vitamin C 2% • Calcium 35% • Iron 5%
Riboflavin 29% • Phosphorous 23% • Iodine 33% • Magnesium 13%
Manganese 5% • Chloride 3%

* Percent Daily Value based on a 2000 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
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

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

INGREDIENTS: Maltodextrin, Real Gains™ Protein Complex™ [ultra filtrated whey (milk) concentrate, micellar casein, whey protein isolate], artificial flavors, MCT, calcium caseinate, lecithin (soy), inulin, strawberry pieces, flaxseed powder, sodium chloride, acesulfame potassium, red #40 lake, sucralose. Made in a GMP facility that uses milk, soy, egg, peanuts.

DOSAGE: Use one serving between meals and at bedtime. May also be used to replace 1 meal per day. Mix 3.5 scoops with 12 to 16 oz of liquid. This formula is highly concentrated, and due to its potency you may want to consider using 1/2 serving two or three times per day. For best results, use a blender or a Universal Mixbox.

WARNINGS: Keep out of reach of children. Before beginning any program, consult your health care practitioner.

NOTE: Do not use as your sole source of calories.



MADE PROUDLY IN THE U.S.A.
Formulated, Tested & Manufactured By:
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Typical Amino Acid Profile

(per 100g of protein)	
L-Alanine	4.77g
L-Arginine	2.32g
L-Aspartic Acid	10.44g
L-Cystine	2.45g
L-Glutamic Acid	11.98g
L-Glutamine	4.64g
L-Glycine	1.8g
L-Histidine	1.93g
L-Isoleucine	6.06g
L-Leucine	10.69g
L-Lysine	8.89g
L-Methionine	2.06g
L-Phenylalanine	3.35g
L-Proline	5.41g
L-Serine	4.64g
L-Threonine	6.31g
L-Tryptophan†	1.67g
L-Tyrosine	2.96g
L-Valine	5.67g
† Naturally Occurring	

UNIVERSAL

REAL GAINS™

STRAWBERRY ICE CREAM

Weight Gainer

Net Wt 6.85 lb (3.11kg)

Whey-Micellar Casein Protein Matrix | Complex Carbs | 600+ Calories Per Serving | Enhanced with Inulin & Flaxseed Oil

WHO WE ARE Universal Nutrition has been providing cutting edge and staple nutritional supplements to bodybuilders and hard training athletes the world over since 1977. As time passes, certain ideals never go out of style. Honesty. Integrity. Respect. These are the values we uphold and are the bedrock upon which we built our business. **WHAT IT IS** Real Gains™ is a "clean" high protein weight gainer providing fast and slow protein sources in the form of whey isolates and concentrates coupled with micellar casein. Real Gains™ utilizes complex carbs as its primary calorie source with as low as 7g of sugar per serving. Real Gains™ also provides healthy fats from MCTs and EFAs and inulin for fiber in a single, nutrient dense serving. **HOW WE BACK IT UP** What is on the label is in the bottle and what is in the bottle will help you reach your goals. We guarantee it. Backed by our 100% ironclad money back guarantee, we proudly stand behind every item we produce. If for whatever reason you are not satisfied with any product bearing our name, simply return it to your place of purchase with a receipt for a full refund. Our word is our bond.