

PRO PERFORMANCE® RESULTS

Numbers matter when you want to increase mass and muscle. This scientifically formulated gainer contains 1,340 nutrient-dense calories and 50 grams of high-quality protein to help you increase size and overall body strength.** Bulk 1340 also provides 10 grams of glutamine, an important amino acid for maintaining positive immune response and muscle function to support your wellness goals.*

Branched Chain Amino Acids may help reduce muscle protein breakdown. This formula includes 11 grams of BCAA for muscle recovery and growth, and creatine to help your muscles produce energy for exercise.**

PRO PERFORMANCE® QUALITY

Bulk 1340 is tested and certified Banned Substance Free.* It tastes great, mixes easily with a simple shake or blend and is fast absorbing to conveniently support maximum wellness.*

*When used in conjunction with an exercise program.



Products bearing this logo have been tested for banned substances by LGC Science, Inc., a world-class anti-doping lab. *Product was tested for over 220 banned substances on the 2020 World Anti-Doping Agency (WADA) Prohibited List via LGC skip lot testing protocol #ICP0307.



KEEP OUT OF REACH OF CHILDREN.
Store in a cool, dry place.
For More Information:
1-888-462-2548
GNC.com

*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.

GNC

PRO PERFORMANCE

50G PROTEIN | 1340 CALORIES | 277G CARBS

BULK 1340

High-Calorie Mass Gainer
Supports Muscle Energy,
Recovery & Growth^**

DIETARY SUPPLEMENT

NET WT 7.14 LB (114.24 OZ) 3240 G



VANILLA ICE CREAM
NATURAL & ARTIFICIAL FLAVORS



CODE 414779

DIRECTIONS: As a dietary supplement, mix four heaping scoops (360 g) with 24 fl. oz. of cold water or milk. Consume 1-2 servings per day.

Supplement Facts			
Serving Size	4 Heaping Scoops (360 g) in Water	4 Heaping Scoops (360 g) in 2% Milk	
Servings Per Container	9	9	
Amount Per Serving	% Daily Value	% Daily Value	
Calories	1340	1710	
Total Fat	3 g	18 g	23%†
Saturated Fat	2 g	11 g	55%†
Cholesterol	65 mg	125 mg	42%
Total Carbohydrate	277 g	312 g	113%†
Dietary Fiber	3 g	3 g	11%†
Total Sugars	11 g	46 g	*
Protein	50 g	74 g	
Vitamin A	3000 mcg	3417 mcg	380%
Vitamin C	60 mg	60 mg	67%
Vitamin D	5 mcg	13.9 mcg	70%
Vitamin E	20.1 mg	20.1 mg	134%
Thiamin	4.8 mg	5.1 mg	425%
Riboflavin	4 mg	5.3 mg	408%
Niacin	50 mg	50.6 mg	316%
Vitamin B-6	5 mg	5.3 mg	312%
Folate	667 mcg DFE (400 mcg Folic Acid)	725 mcg DFE (435 mcg Folic Acid)	161%
Vitamin B-12	10 mcg	13.5 mcg	563%
Biotin	300 mcg	300 mcg	1000%
Pantothenic Acid	25 mg	27.5 mg	550%
Calcium	800 mg	1675 mg	129%
Iron	6 mg	6 mg	33%
Phosphorus	630 mg	1300 mg	104%
Iodine	150 mcg	150 mcg	100%
Magnesium	140 mg	220 mg	52%
Zinc	15 mg	18.5 mg	168%
Selenium	70 mcg	88 mcg	160%
Copper	1 mg	1 mg	111%
Manganese	2.5 mg	2.6 mg	113%
Chromium	120 mcg	120 mcg	343%
Molybdenum	75 mcg	75 mcg	167%
Sodium	330 mg	650 mg	28%
Potassium	300 mg	1340 mg	29%
Anabolic Amino Maximizer	24 g	36 g	*
Glutamine & Glutamic Acid (as Whey Protein Concentrate, Calcium Caseinate, Whey Protein Isolate, Milk Protein Isolate, Glutamine Peptides [Hydrolyzed Whey, L-Glutamine], Egg Albumen)	10 g	15 g	*
Leucine (as Whey Protein Concentrate, Calcium Caseinate, Whey Protein Isolate, Milk Protein Isolate, L-Leucine, Egg Albumen)	6 g	8.5 g	*
Isoleucine (as Whey Protein Concentrate, Calcium Caseinate, Whey Protein Isolate, Milk Protein Isolate, Egg Albumen)	2.5 g	4 g	*
Valine (as Whey Protein Concentrate, Calcium Caseinate, Whey Protein Isolate, Milk Protein Isolate, Egg Albumen)	2.5 g	4 g	*

Amount Per Serving	% Daily Value	% Daily Value
Tyrosine (as Whey Protein Concentrate, Calcium Caseinate, Whey Protein Isolate, L-Tyrosine, Egg Albumen)	2 g	3 g
Arginine (as Whey Protein Concentrate, Calcium Caseinate, Whey Protein Isolate, Milk Protein Isolate, Egg Albumen)	1 g	1.5 g
Energizing ATP Complex	1.505 g	1.615 g
Creatine (as Creatine Monohydrate)	1 g	1 g
Choline (as Choline Bitartrate)	250 mg	360 mg
Inositol	250 mg	250 mg
TMGA (as Para-Amino Benzoic Acid)	5 mg	5 mg

† Percent Daily Values are based on a 2,000 calorie diet.
* Daily Value not established.

OTHER INGREDIENTS: Maltodextrin, Protein Blend (Whey Protein Concentrate, Calcium Caseinate, Whey Protein Isolate, Milk Protein Isolate, Egg Albumen), Natural and Artificial Flavors, Vitamin and Mineral Blend (Calcium Phosphate, Potassium Phosphate, Magnesium Aspartate, Ascorbic Acid, Niacinamide, d-Alpha Tocopheryl Acetate, Biotin, Zinc Citrate, d-Calcium Pantothenate, Natural beta-Carotene, L-Selenomethionine, Ferrous Fumarate, Chromium Amino Acid Chelate, Manganese Sulfate, Thiamin Mononitrate, Pyridoxine HCl, Folic Acid, Molybdenum Amino Acid Chelate, Riboflavin, Potassium Iodide, Cholecalciferol, Copper Oxide, Cyanocobalamin), Medium Chain Triglycerides, Gum Blend (Cellulose Gum, Xanthan Gum, Carrageenan), TRAACS® Magnesium Bisglycinate Chelate, Sucralose, Acesulfame Potassium.

CONTAINS: Egg, Milk and Soybeans.

Distributed by: General Nutrition Corporation, Pittsburgh, PA 15222 USA

⚠WARNING: Cancer and Reproductive Harm – www.P65Warnings.ca.gov. Consult your physician prior to using this product if you are pregnant, nursing, taking medication, under 18 years of age or have a medical condition. Discontinue use two weeks prior to surgery. Niacin may cause a temporary flushing reaction. Inform your physician of this product's biotin content before any lab test.

Manufactured on equipment that processes products containing soybeans (lecithin), milk, peanut flavor, wheat, shellfish, tree nuts, fish oil and eggs.

Gluten Free.

NOTICE: Significant product settling may occur.

TRAACS® is a registered trademark of Albion Laboratories, Inc.



WAYS TO ENJOY YOUR BULK 1340

1 **SHAKE**
Combine with cold water, milk or your favorite beverage in a shaker cup



2 **BLEND**
Make a delicious smoothie adding fruits, juices, peanut butter or yogurt

