

UNIVERSAL

WHO WE ARE Founded in 1977, we are a family-run company that has been formulating and manufacturing proven nutritional products for dedicated athletes. Our products are found in over 90 countries around the world. **CLASSIC SERIES** Since the 70s, we've been dedicated to making some of the finest nutritional products for world-class bodybuilders. Today, the new Classic Series still represents our steadfast commitment to those individuals seeking to achieve strength and perfection in the gym. **REAL GAINS** Real Gains® is our premium mass and muscle "gainer." It was formulated with an ideal ratio of macronutrients, hand selected quality ingredients, superior amino acid profile, and great taste. Real Gains® delivers both "slow" and "fast" proteins for optimal absorption, complex carbohydrates for energy, essential fats for all-around health, and a dose of fiber. Whatever the sport, you can use Real Gains® to help you add quality calories to your muscle and strength gaining goals.

- High Protein Weight Gainer
- Balanced Macronutrients
- Clean Calories
- Nutrient Dense
- Slow and Fast Releasing Proteins
- 600 Calories per Serving

GF

Gluten Free

Part US-P201104500 11/215 0-38779



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REAL GAINS

PREMIUM MASS & MUSCLE GAINER



CHOCOLATE ICE CREAM
Naturally & Artificially Flavored

MUSCLE
GROWTHHIGH
CALORIE

PROTEIN

Weight Gainer • Net Wt 3.8lb (1.73kg)

Nutrition Facts

11 Servings Per Container

Serving Size 3.5 Scoops (155g)

Amount Per Serving

Calories 600

		%DV*			%DV*
Total Fat	6g	8%*	Total Carbohydrate	82g	30%*
Saturated Fat	4g	20%*	Dietary Fiber	4g	16%*
Trans Fat	0g		Total Sugars	8g	
Cholesterol	100mg	33%*	Includes 4g of Added Sugars		8%
Sodium	300mg	13%*	Protein	53g	106%

Vitamin D 0mcg 0% • Calcium 400mg 31% • Iron 3.9mg 22% • Potassium 480mg 10%
Phosphorus 275mg 22% • Iodine 40mcg 27% • Magnesium 90mg 22% • Chloride 240mg 10%

*The % Daily Values (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: Maltodextrin, Real Gains® Protein Complex™ [ultra filtrated whey concentrate, micellar casein, whey protein isolate], cocoa (processed with alkali), inulin, medium chain triglycerides, calcium caseinate, natural & artificial chocolate fudge and vanilla flavors, lecithin, sodium chloride, flaxseed powder, sucralose, acesulfame potassium. Contains: Milk, Soy. Made in a GMP facility on equipment that processes milk, soy, egg, peanuts, tree nuts, fish, shellfish, and wheat.

DOSAGE: Mix 3.5 scoops with 12-16 oz of your beverage of choice. For additional calories, you can add whole milk and other foods such as peanut butter, oatmeal, bananas and the like.

WARNING: Not for use by those under the age of 18. Consult a physician before using this product. Athletes should consult with their sanctioning authority before use. California Residents: **⚠WARNING:** Reproductive Harm - www.P65Warnings.ca.gov. Store product in a cool, dry place, away from heat, moisture and sunlight.

Typical Amino Acid Profile Per 100g of protein.

ESSENTIAL AMINO ACIDS		NON-ESSENTIAL AMINO ACIDS	
L-Leucine (Branched Chain Amino Acid)	10740 mg	L-Arginine††	2930 mg
L-Isoleucine (Branched Chain Amino Acid)	6100 mg	L-Aspartic Acid	10420 mg
L-Valine (Branched Chain Amino Acid)	5730 mg	L-Alanine	4780 mg
L-Threonine	6320 mg	L-Glutamic Acid	12210 mg
L-Lysine	8940 mg	L-Glycine	1820 mg
L-Phenylalanine	3430 mg	L-Tyrosine	3080 mg
L-Tryptophan	1690 mg	L-Serine	4720 mg
L-Methionine	2100 mg	L-Proline	5610 mg
L-Histidine	1990 mg	L-Cystine	2410 mg

†† Conditionally essential amino acid.
The amino acids in this product are naturally occurring from the protein sources. They are not added or manufactured.