

Initial (First Serving Only) Instructions:

To assess your individual tolerance combine 1/2 scoop of **Golden Gains™** with 6 oz. of water and consume it after your workout. Shake well before drinking.

Directions For Regular Usage:

On workout days, take one serving (2 scoops) after your training session with 24 oz. of ice cold water for a creamier consistency or take it with 32 oz. of ice cold water for a thinner shake. For best results, **Golden Gains™** should be used in combination with other Controlled Labs products (Creatine, Multivitamin, etc.), at least 1-2 gallons of water per day, a high protein/moderate carbohydrate diet. For more details on optimizing your results, please see www.Controlledlabs.com.

Warnings:

You should not take this product if you have any prior medical condition, including diabetes or high blood pressure. Those who are allergic to Milk, Corn, Oats or any other ingredient found in this product should not consume it. Do not take this product if you are pregnant or nursing. Consult your doctor before using this product.

Keep out of the reach of children.

Do not purchase if safety seal is broken.

Distributed by:

Controlled Labs

Englewood, NJ

www.ControlledLabs.com

To report a serious adverse event or obtain product information regarding this dietary supplement, please call (201) 735-7144

Lot# / Exp.:

*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.



Golden Gains™

Optimized Post Workout Recovery Shake

Dietary Supplement



Homemade Apple Pie Flavor

2.92lb (1324 Grams)

Supplement Facts

Serving Size: 2 Scoops (88.3 grams) (80cc Scoop)

Servings Per Container: 15

	Amount Per Serving	%DV*
Calories	300	
Calories from Fat	50	
Total Fat	5.5 g	8%*
Saturated Fat	0 g	0%*
Cholesterol	0 mg	0%*
Total Carbohydrate	41 g	14%*
Dietary Fiber	3 g	13%*
Sugars	1 g	**
Protein	21 g	42%*
Calcium (as Dicalcium Phosphate)	310 mg	31%*
Sodium (as Sodium Chloride)	131 mg	5%*
Potassium (as Potassium Gluconate)	71 mg	2%*

GoldPro Complex™

20,000 mg

Partially Hydrolyzed Whey (Milk) Protein Concentrate (Featuring Various Peptide Lengths and a High Level of Hydrolysis), Calcium Caseinate and Egg White Protein

GoldCarb Complex™

41,000 mg

Whole Oat Flour and Fiber, Highly Processed Waxy Maize Starch and Inulin (1,000mg)

Fruit & Veggie Complex™

5,000 mg

Kiwi Fruit, Apple Juice Powder, Banana, Raspberry, Strawberry, Cherry, Pomegranate Juice, Barley Grass, Cranberry Juice, Wheat Grass, Spinach Juice, Blueberry Juice, Acai Fruit, Celery Juice, Carrot Juice, Beet Juice, Parsley Juice, Lettuce Juice, Mangosteen Fruit and Watercress Juice

HealthyFat Complex™

5,500 mg

Flaxseed Oil Powder, Sunflower Oil Powder and Medium Chain Triglycerides

GFH Complex™

9,117 mg

L-Taurine, L-Phenylalanine, Dicalcium Phosphate, Potassium Gluconate and Sodium Chloride

* Percent Daily Values (DV) are based on a 2,000 calorie diet

** Daily Value not established.



Other Ingredients: Natural & Artificial Flavors, Malic Acid, Brown Rice Protein, Acesulfame Potassium, Silicon Dioxide, Sucralose, FD&C Yellow #5 and Guar Gum