#### SUGGESTED USE:

Take 3 capsules daily with 8-12 fl. oz. of water.

#### BENEFITS:

- Made with Phosphatidic Acid, a natural plant nutrient that acts as a signaling molecule.\*
- Phosphatidic Acid activates the mTOR pathway, which then can boost protein synthesis and support muscle growth when paired with resistance training.\*
- Project Gains helps to build lean body mass, strength, and support skeletal muscle.\*
- Project Gains supports muscle recovery after exercise.\*
- 5mg of BioPerine® increases the bio-availability of nutrients and supports the absorption of whole foods and supplements.\*

WARNING: Not intended for anyone under the age of 18. If you are nursing, pregnant, taking medication or have a medical condition, consult your physician before taking this product.

KEEP OUT OF REACH OF CHILDREN. STORE IN A COOL, DRY & DARK PLACE.

\*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.

# PROJECT GAINS

#### PROJECT MUSCLE SERIES

- > Increase Muscle Protein Synthesis\*
- Stimulate mTOR Activation\*
- > Promote Muscle Recovery\*



## **Supplement Facts**

Serving Size: 3 Capsules Servings per Container: 30

	Amount Per Serving	%DV
D-Aspartic Acid	lg	**
Mediator 50P® (50% Phosphatidic Aci	d) 600mg	**
Ajuga Turkestanica Extract (10% Turkesterone)	200mg	
Pine ( <i>Pinus massoniana</i> ) Bark Extract [95% Oligomeric Proanthocyanidins]		
BioPerine® Black Pepper (Piper nigrur Fruit Extract [95% Piperine]	n) 5mg	#r#

\*\*Daily Value (DV) Not Established

Other Ingredients: Capsule (Gelatin), Rice Flour, Silicon Dioxide, Magnesium Stearate.

MANUFACTURED FOR & DISTRIBUTED BY:

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Manufactured in a facility which processes Milk, Eggs, Fish, Shellfish, Tree Nuts, Peanuts, Wheat, Soybeans, and Sesame.

BioPerine® is a registered trademark of Sabinsa Corporation.

Contains Mediator® brand phosphatidic acid. Mediator® PA is a registered trademark of ChemiNutra. Mediator® PA is protected under patents pending by ChemiNutra.

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