

NATURADE WEIGHT GAIN The Naturally Flavored Gainer

Naturade Weight Gain with No Sugar Added is a naturally flavored, nutrient dense food formulated to help you magnify calorie intake and gain weight fast. It provides balanced nutrition and is a food, not a dietary supplement, and does not contain any stimulants or steroids.

Naturade Weight Gain enhances your body's utilization of nutrients for optimal calorie absorption with 3 natural enzymes* –Papain, Bromelain, and Pancreatin. You can add up to 1600 calories in a fast, safe way to support your meal plan. It's important that you do not reduce your regular food intake.

MIXING INSTRUCTIONS: Stir or blend 2 scoops in 1 cup of liquid or 4 scoops in 2½ cups of whole milk.

Suggested use: In addition to balanced daily nutrition, you have the option of blending 2 scoops in 1 cup of water, or to maximize calories, 4 scoops in 2½ cups of whole milk. Drink before noon, preferably before a workout, and have a second shake about 1 hour before you go to bed. If you're limiting fat intake, Naturade Weight Gain tastes great in water. For more calories, make delicious smoothies with yogurt and/or fruit.

Caution: Consult with your healthcare practitioner before using this product, especially if you are pregnant, nursing, anticipate surgery, take medication on a regular basis or are otherwise under medical supervision.

TYPICAL AMINO ACIDS PER 48 GRAM SERVING (2 SCOOPS) OF WEIGHT GAIN POWDER
(before adding whole milk) (in milligrams)

Alanine	380	Lysine†	590
Arginine	520	Methionine†	170
Aspartic Acid	1030	Phenylalanine†	440
Cysteine	120	Proline	670
Glutamic Acid	1750	Serine	580
Glycine	300	Threonine†	610
Histidine†	250	Tryptophan†	130
Isoleucine†Δ	560	Tyrosine	350
Leucine†Δ	850	Valine†Δ	560

†Essential Amino Acids Δ Branched-Chain Amino Acids

NATURADE QUALITY AND PURITY ASSURED SINCE 1926

Each container has an inner seal under the plastic cap that keeps the product fresh and safe. Do not use if seal is broken or missing. This product is sold by weight not by volume. Contents may settle during shipping and handling. Store in a cool, dry place.



NO ASPARTAME, NO ADDED SUGAR; NO ARTIFICIAL SWEETENERS, FLAVORS OR COLORS, NO PRESERVATIVES, NO MSG.

*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.



WEIGHT GAIN

THE NATURALLY FLAVORED GAINER

ADDS UP TO 1600 CALORIES

when mixed with whole milk twice daily

VANILLA



12 SERVINGS

GLUTEN FREE

TASTES DELICIOUS

Naturally
Flavored & Sweetened

NOT A LOW CALORIE FOOD

NET WT 20.3oz (1.3lb) 576g

Nutrition Facts

Serving Size: 2 scoops (48g) makes 1 cup prepared
Servings Per Container: About 12

Amount Per Serving	2 scoops in 1 cup water	4 scoops in 2½ cups whole milk
Calories	220	800
Calories from Fat	80	340
% Daily Value**		
Total Fat 9g*	14%	58%
Saturated Fat 1g	5%	70%
Trans Fat 0g		
Cholesterol 5mg	2%	23%
Sodium 230mg	10%	29%
Potassium 410mg	12%	46%
Total Carbohydrate 24g	8%	26%
Dietary Fiber 0g	0%	4%
Sugars 15g		
Protein 10g	20%	80%
Vitamin A	0%	0%
Vitamin C	0%	0%
Calcium	15%	100%
Iron	0%	8%

* Amount in 2 Scoops plus 2 additional scoops and 20 fl oz whole milk adds 580 Calories, 29g Total Fat, 13g Total Sat. Fat, 65mg Cholest., 470mg Sodium, 1190mg Potassium, 53g Total Carb. (44g Sugars), and 30g Protein.

**Percent Daily Values are based on a 2,000 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
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium	Less than	3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Protein		50g	65g

Calories per gram: Fat 9

Carbohydrate 4 Protein 4

INGREDIENTS: Sweet Whey Powder, Maltodextrin, Sunflower Oil, Whey Protein Concentrate, Soy Protein Isolate, Soy Lecithin, Milk Protein Isolate, Sodium Caseinate, Natural Flavors, Calcium Caseinate, Pea Protein Isolate, Silicon Dioxide, Dipotassium Phosphate, Guar Gum, Hydrolyzed Whey Protein, Egg Albumen, Xanthan Gum, Apple Fiber, Flax Seed, Gum Arabic, Papain, Bromelain, Pancrelipase (Lipase, Protease, Amylase), Stevia Extract.

CONTAINS: MILK, EGG, SOY.

MANUFACTURED IN A FACILITY THAT PROCESSES MILK, SOY, WHEAT AND EGGS.

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Irvine, CA 92614 1-800-421-1830

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Learn more about Naturade products at www.naturade.com

