

3000 CALORIES

Nutrition Facts

Serving Size: 2 heaping scoops (309g)

Servings Per Container: About 18

Amount Per Serving in 18 Fl oz. Water	% DV
Calories 1250	
Calories from Fat 63	
Total Fat 7g	11%
Saturated Fat 4g	20%
Trans Fat 0g	0%
Cholesterol 145mg	48%
Calcium 250mg	25%
Sodium 200mg	8%
Total Carbohydrates 240g	80%
Dietary Fiber 0g	0%
Sugars 6g	†
Protein 56g	112%

Amount Per Serving in 18 Fl oz. 2% Reduced Fat Milk	% DV
Calories 1500	
Calories from Fat 162	
Total Fat 18g	28%
Saturated Fat 11g	55%
Trans Fat 0g	0%
Cholesterol 185mg	61%
Calcium 850mg	85%
Sodium 240mg	10%
Total Carbohydrates 261g	87%
Dietary Fiber 0g	0%
Sugars 29g	†
Protein 74g	148%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.
† Daily Value not established.

	CALORIES	2000	2500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Total Carbohydrates		300g	375g
Dietary Fiber		25g	30g
Cholesterol	Less than	300g	300g
Sodium	Less than	2,400mg	2,400mg
Potassium	Less than	3,500mg	3,500mg
Protein		50g	65g

Calories Per Gram: Fat 9 • Carbohydrates 4 • Protein 4

DIRECTIONS: As a dietary supplement, blend 2 heaping scoops (309g) of Fast Gain 3000™ with 20-24 ounces of water or milk. For superior results, use 2 servings daily, 1 serving for breakfast and 1 serving post-workout. On non-training days, use 1 serving for breakfast and 1 serving in the afternoon.
NOTE: 2 Servings equals 3,000 Calories.

ALLERGY INFORMATION: Contains Milk and Soy Lecithin.
Store in a cool, dry place.

NOTICE: Use this product as a food supplement only. Do not use for weight reduction. Keep out of reach of children. Sold by weight not by volume.

Other Ingredients: 100% Low DE Maltodextrin Complex (Containing short, medium and long linear chains), Fast Gain™ Protein Blend (Cross-Flow Full Spectrum Whey Protein Concentrate, Hydrolyzed Protein Isolate, Micellar Casein), Medium Chain Triglycerides (MCTs), Natural & Artificial Flavors, Acesulfame Potassium and Sucralose.



Manufactured in an
FDA Registered & GMP Certified facility.



ANSI
PRO-SERIES

FAST GAIN 3000™

Massive Calories
Delicious Weight Gain Shake

ONLY **6g** SUGAR

LOADED WITH
GLUTAMINE, BCAAs & MCTs

56g PREMIUM WHEY &
ISOLATE PROTEIN

Cookies & Cream

Natural and Artificial Flavors

NET WT. 12 LBS. (5448 g)

ONLY 6g SUGAR!

*The Most Delicious
Weight Gain Shake
You'll Ever Try!*

- ✓ MASSIVE 3000 CALORIES
- ✓ 56g PREMIUM WHEY & ISOLATE PROTEIN
- ✓ LOADED WITH GLUTAMINE, BCAAs & MCTs
- ✓ ONLY 6g SUGAR
- ✓ NO ASPARTAME
- ✓ NO TRANS FAT
- ✓ GLUTEN FREE



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