

Precision Engineered has pioneered the manufacture of premium sports nutrition supplements. Our commitment to quality is the highest in our industry. Every product undergoes rigorous analysis for purity, potency, safety and freshness. **We guarantee it.**



No Wheat, No Fish.

Muscle & Weight Gainer was designed for anyone who is serious about gaining quality mass and strength, but doesn't want to sacrifice their nutrition plan by eating loads of fatty foods and other unhealthy junk. Each serving is scientifically designed to provide your body with exactly what it needs to recover from intense training and come back stronger than ever.\* Specialty selected nutrients provide both immediate and sustained energy and protein synthesis.\*

**Fast & Slow Protein Blend**  
Muscle & Weight Gainer provides over 50 grams per serving of premium quality whey, casein and egg proteins - which are all great natural sources of essential amino acids and BCAAs. Whey protein provides fast-acting support after exercise or whenever you need it to quickly stimulate protein synthesis and kick-start recovery.\* Casein proteins digest slower, providing a "time released" effect to help reduce protein breakdown.\* A good source of fiber works synergistically with casein to extend the "time released" effects even further.\*

**Quality Carbs**  
Each serving is packed with quality carbs needed to replenish muscle glycogen stores after exercise.\* Hard training can deplete glycogen levels, which are needed to fuel muscle contractions and also provide a cell-volumizing effect.\* The carbohydrates within Muscle & Weight Gainer also work synergistically with whey and casein to boost protein synthesis after exercise.\*

**Balanced Levels of Fat**  
Muscle & Weight Gainer contains approximately 10% of calories from fat! Formulas that are too high in fat may slow down your progress and wreck your body composition. For hardgainers that need as many nutrients as they can get and are not concerned with fat intake, mix with whole milk for increased total calorie intake.

\*Use in conjunction with an intense daily exercise program and a balanced diet including an adequate caloric intake.

**WARNING:** If you are pregnant, nursing, taking any medications or planning any medical procedure, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur. Not intended for use by persons under the age of 18. Keep out of reach of children. Store at room temperature. Do not use if seal under cap is broken or missing.

Contents are sold by weight. Some settling may occur.



TO REORDER PROD. # **31619**  
[www.vitaminworld.com](http://www.vitaminworld.com)  
**1-800-228-4533**

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HARDCORE PRECISION ENGINEERED SERIES

# Muscle & Weight GAINER

Fast & Slow Proteins for Immediate and Extended Muscle Support\*

• BCAAs & ESSENTIAL AMINOS • GREAT NEW TASTE  
• 580 CALORIES ♦ • 54g PROTEIN ♦

♦ per serving  
NET WT. 112 oz. (7 lb) (3,175 g)

PROTEIN POWDER

**VANILLA**  
NATURAL & ARTIFICIAL FLAVORS

## Nutrition Facts

Serving Size 4 scoops (150g)  
Servings Per Container about 21

Amount Per Serving**	Mix	Amount Per Serving***	Mix with 2 cups of whole milk	Amount Per Serving****	Mix with 2 cups of skim milk
<b>Calories</b>	580	<b>Calories</b>	870	<b>Calories</b>	740
Calories from Fat 60		Calories from Fat 200		Calories from Fat 60	
<b>%Daily Value*****</b>		<b>%Daily Value*****</b>		<b>%Daily Value*****</b>	
<b>Total Fat</b> 5g	10%	<b>Total Fat</b> 22g	34%	<b>Total Fat</b> 7g	11%
<b>Saturated Fat</b> 2g	11%	<b>Saturated Fat</b> 11g	87%	<b>Saturated Fat</b> 2.5g	13%
<b>Trans Fat</b> 0g		<b>Trans Fat</b> 0g		<b>Trans Fat</b> 0g	
<b>Cholesterol</b> 90mg	30%	<b>Cholesterol</b> 140mg	46%	<b>Cholesterol</b> 100mg	33%
<b>Sodium</b> 250mg	10%	<b>Sodium</b> 400mg	19%	<b>Sodium</b> 400mg	19%
<b>Potassium</b> 410mg	12%	<b>Potassium</b> 1,050mg	30%	<b>Potassium</b> 1,170mg	33%
<b>Total Carbohydrate</b> 76g	25%	<b>Total Carbohydrate</b> 99g	33%	<b>Total Carbohydrate</b> 100g	33%
<b>Dietary Fiber</b> 2g	6%	<b>Dietary Fiber</b> 2g	6%	<b>Dietary Fiber</b> 2g	6%
<b>Sugars</b> 8g		<b>Sugars</b> 34g		<b>Sugars</b> 33g	
<b>Protein</b> 54g	109%	<b>Protein</b> 70g	140%	<b>Protein</b> 71g	142%
<b>Vitamin A</b>	50%	<b>Vitamin A</b>	70%	<b>Vitamin A</b>	50%
<b>Vitamin C</b>	50%	<b>Vitamin C</b>	50%	<b>Vitamin C</b>	50%
<b>Calcium</b>	100%	<b>Calcium</b>	160%	<b>Calcium</b>	160%
<b>Iron</b>	50%	<b>Iron</b>	50%	<b>Iron</b>	50%
<b>Vitamin D</b>	50%	<b>Vitamin D</b>	50%	<b>Vitamin D</b>	50%
<b>Vitamin E</b>	50%	<b>Vitamin E</b>	50%	<b>Vitamin E</b>	50%
<b>Thiamin (Vitamin B-1)</b>	50%	<b>Thiamin (Vitamin B-1)</b>	60%	<b>Thiamin (Vitamin B-1)</b>	60%
<b>Riboflavin (Vitamin B-2)</b>	60%	<b>Riboflavin (Vitamin B-2)</b>	110%	<b>Riboflavin (Vitamin B-2)</b>	110%
<b>Niacin</b>	50%	<b>Niacin</b>	50%	<b>Niacin</b>	50%
<b>Vitamin B-6</b>	50%	<b>Vitamin B-6</b>	60%	<b>Vitamin B-6</b>	60%
<b>Folic Acid</b>	50%	<b>Folic Acid</b>	60%	<b>Folic Acid</b>	60%
<b>Vitamin B-12</b>	50%	<b>Vitamin B-12</b>	90%	<b>Vitamin B-12</b>	90%
<b>Biotin</b>	50%	<b>Biotin</b>	50%	<b>Biotin</b>	50%
<b>Pantothenic Acid</b>	50%	<b>Pantothenic Acid</b>	70%	<b>Pantothenic Acid</b>	70%
<b>Phosphorus</b>	80%	<b>Phosphorus</b>	120%	<b>Phosphorus</b>	130%
<b>Iodine</b>	50%	<b>Iodine</b>	50%	<b>Iodine</b>	50%
<b>Magnesium</b>	60%	<b>Magnesium</b>	70%	<b>Magnesium</b>	80%
<b>Zinc</b>	50%	<b>Zinc</b>	60%	<b>Zinc</b>	60%
<b>Copper</b>	50%	<b>Copper</b>	60%	<b>Copper</b>	50%
<b>Chromium</b>	60%	<b>Chromium</b>	60%	<b>Chromium</b>	60%

\*\*Amount in Mix. \*\*\*Amount in Mix with 2 cups whole milk. \*\*\*\*Amount in Mix with 2 cups skim milk. \*\*\*\*\*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
<b>Total Fat</b>	Less than	65g	80g
<b>Sat Fat</b>	Less than	20g	25g
<b>Cholesterol</b>	Less than	300mg	300mg
<b>Sodium</b>	Less than	2,400mg	2,400mg
<b>Potassium</b>		3,500mg	3,500mg
<b>Total Carbohydrate</b>		300g	375g
<b>Dietary Fiber</b>		25g	30g
<b>Protein</b>		50g	65g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

**INGREDIENTS:** Maltodextrin, Protein Blend (Whey Protein Concentrate, Calcium Caseinate, Egg White), Non-Dairy Creamer (High Oleic Sunflower Oil, Maltodextrin, Sodium Caseinate, Mono- & Di-glycerides, Dipotassium Phosphate, Soy Lecithin, Sodium Silicoaluminate, Tocopherol), Vitamin and Mineral Blend (Dicalcium Phosphate, Magnesium Oxide, Ascorbic Acid, Ferric Orthophosphate, dl-Alpha Tocopheryl Acetate, Niacinamide, Zinc Oxide, Copper Gluconate, d-Calcium Pantothenate, Vitamin A Palmitate, Pyridoxine Hydrochloride, Thiamin Hydrochloride, Riboflavin, Chromium Picolinate, Folic Acid, Biotin, Potassium Iodide, Ergocalciferol, Cyanocobalamin), Fructose, Soy Lecithin, Natural and Artificial Flavors, Guar Gum, Oat Fiber, Soy Fiber, Acesulfame Potassium, Xanthan Gum, Sucralose.

Contains milk, soy and egg ingredients.

**DIRECTIONS:** For adults, mix four (4) scoops (150 g) of Muscle & Weight Gainer with two (2) cups (16 fl. ounces) of whole milk. Stir, blend or shake in your Precision Engineered® Shaker. Skim milk may be substituted for whole milk for lower fat calories and lower cholesterol. For quicker weight gain, boost your caloric intake by blending your shake with ingredients such as ice cream, nuts, honey, fresh berries, bananas and other high caloric foods.

**WEIGHT GAIN PLAN:** For weight gain programs of 1-3 pounds per week, try 1 shake used as directed per day for each pound per week you want to gain.

**MUSCLE BUILDER TRAINING PROGRAM:** Drink 2 shakes daily, one a few hours before your workout, and one after your workout.

### AMINO ACIDS

Amino Acids (approximate values) per serving (150 g)  
(from Whey Protein Concentrate, Calcium Caseinate, Egg White Solids)

L-Alanine	2,274 mg
L-Arginine	1,886 mg
L-Aspartic Acid	5,225 mg
L-Cystine	903 mg
L-Glutamic Acid	9,935 mg
L-Glycine	1,076 mg
L-Histidine <sup>1</sup>	1,296 mg
L-Isoleucine <sup>1</sup>	3,013 mg
L-Leucine <sup>1</sup>	5,703 mg
L-Lysine <sup>1</sup>	4,832 mg
L-Methionine <sup>1</sup>	1,354 mg
L-Phenylalanine <sup>1</sup>	2,283 mg
L-Proline	4,804 mg
L-Serine	3,291 mg
L-Threonine <sup>1</sup>	2,864 mg
L-Tryptophan <sup>1</sup>	815 mg
L-Tyrosine	2,135 mg
L-Valine <sup>1</sup>	3,164 mg

<sup>1</sup>Essential Amino Acid

NOTE: L-Tryptophan is naturally occurring, not added.