

Supplement Facts

Serving Size: 3 Scoops (181 g)
Servings Per Container: 10

	Amount Per Serving 48oz Water	Amount Per Serving 48oz Whole Milk	% Daily Value Water**	% Daily Value Whole Milk**
Calories				
Total Fat	752	1375		79%
Saturated Fat	5 g	62 g	6%	238%
Cholesterol	3.5 g	47.7 g	18%	57%
Total Carbohydrate	25 mg	155 mg	8%	70%
Dietary Fiber	141 g	192 g	51%	21%
Sugars	4 g	6 g	14%	
Protein	137 g	137 g		130%
Vitamin A (as Retinyl Palmitate)	40 g	65 g	80%	38%
Vitamin C (as Ascorbic Acid)	224 mcg	342 mcg	25%	50%
Vitamin D3 (as Cholecalciferol)	40 mcg	45 mcg	44%	3878%
Vitamin E (as D-Alpha Tocopheryl Acetate)	400 mcg	775 mcg	2000%	72%
Thiamin (as Thiamine HCl)	11 mg	11 mg	73%	58%
Riboflavin	0.7 mg	0.7 mg	58%	82%
Niacin (as Nicotinamide)	0.8 mg	0.8 mg	62%	89%
Vitamin B6 (as Pyridoxine HCl)	11 mg	11 mg	59%	59%
Folate	1 mg	1 mg	89%	
Vitamin B12 (as Cyanocobalamin)	357 mcg DFE (210 mcg Folic Acid)	357 mcg DFE (210 mcg Folic Acid)	125%	533%
Pantothenic Acid (as D-Calcium Pantothenate)	3 mcg	3 mcg	533%	560%
Calcium (as Calcium Carbonate)	160 mcg	160 mcg	300%	
Iron (as Ferrous Fumarate)	15 mg	28 mg		188%
Iodine (as Potassium Iodide)	1500 mg	2418 mg	115%	10%
Magnesium (as Magnesium Oxide)	1.8 mg	1.8 mg	10%	40%
Zinc (as Zinc Oxide)	60 mcg	60 mcg	40%	36%
Copper (as Copper Gluconate)	152 mg	60 mcg	36%	56%
Manganese (as Manganese Sulfate)	4 mg	152 mg	56%	22%
Chromium (as Chromium Picolinate)	0.5 mg	4 mg	22%	114%
Sodium	0.5 mg	0.5 mg	114%	14%
Protein Blend	40 mcg	40 mcg	9%	
Mix Solids, Whey Protein Concentrate, Egg Whites	200 mg	313 mg		
Pre-Growth Metabolic Formula	39.8 g	39.8 g		
MCT Oil Powder (Medium-Chain Triglycerides), Colostrum (30% Immunoglobulin), Tribulus Terrestris Extract	2.2 g	2.2 g		
(Fruit), Eleuthero Extract (Eleutherococcus senticosus) (Root), Yohimbe Bark Extract (std. for 8% yohimbine),				
Deer Antler Velvet (Cervus nippon), Tongkat Ali Extract (Eurycoma longifolia) (Root)				
Digestive Enzyme Blend				
Papain, Protease, Lactase	60 mg	60 mg		
VAA (Para-Aminobenzoic Acid)	5.7 mg	5.7 mg		

* Percent Daily Values are based on a 2,000 calorie diet.
**Daily Value not established.

Other Ingredients: Dextrose, Vanilla Flavor, Cellulose Gum, Stevia (Leaf), Sodium Caseinate, Dipotassium Phosphate, Sodium Triphosphate

Contains: Milk, Eggs

RUSSIAN BEAR 5000



WEIGHT GAINER
RUSSIAN EXTREME

30
SHAKES

VITOL

QUICK RECORD-BREAKING RESULTS*
Developed by Dr. Val Vasilief, Mr. America

VANILLA ICE CREAM
NATURAL FLAVOR
NET WT. 4 LBS
(1814.37 GRAMS)
DIETARY SUPPLEMENT

**World's Best-Selling
WEIGHT GAINER & MUSCLE BUILDER***
**Continuously Innovated
THE ORIGINAL RUSSIAN BEAR 5000**

Incorporates Russian training secrets with USA's most powerful ingredients to produce faster results in muscle growth WITHOUT GAINING FAT - the first of its kind in the history of sports science to produce such great results:

LEAN SUPER WEIGHT GAIN!

RUSSIAN BEAR 5000 delivers the ultimate calorie content for those who want lean mass and muscle density. This powerful formulation synergizes the highest quality protein ratio available: egg albumin and whey protein (delivering 40 grams of superior protein per serving [181 grams]), with our unique Digestive Enzyme Matrix to ENSURE MAXIMUM GAINS. Boosted with a potent vitamin and mineral blend and our PRO-GROWTH METABOLIC FORMULA of Deer Antler, Tribulus, Tongkat, Yohimbe, BCAs, & MCTs, for serious muscle enhancement. Carbs are derived from glucose, a simple carbohydrate - no extreme energy spikes!

RUSSIAN BEAR MUSCLE-BUILDING PRODUCTS*

are the vital foundation for weightlifters, competitive, hardcore bodybuilders and strength athletes. Dr. Val Vasilief, researcher in advanced nutrition and sport science - winner of numerous physical fitness awards including MR. AMERICA, and WORLD RECORD BREAKER for ONE-ARM CURL at 150 1/2 pounds was inspired by his Uncle John, the strongest man in Russia. The Original Russian Bear* developed this synergistic system. Follow this well-guarded secret of USA and Russian Champions to gain quick results.*
Visit RussianBearTablets.com for a complete bodybuilding training program and training insight from the legendary John Grimek.

RUSSIAN BEAR 5000 30-SHAKE GAINZ PROGRAM

SUGGESTED USE: Mix three (3) scoops of **RUSSIAN BEAR 5000 WEIGHT GAINER** with 48oz of milk, water, or your favorite juice (each scoop shall be mixed with 16oz). Preferably 1 scoop in the morning, 1 scoop in the afternoon, and 1 scoop before bed or after workout.

*All statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

WARNING: Do not exceed recommended dose. Pregnant and nursing women, children under the age of 18, and individuals with a known medical condition or who are taking prescription medication should consult a physician before taking this or any other supplement.

Notes: Use this product as a food supplement only. Do not use for weight reduction.

Distributed for Vitol Products
Bradenton, FL 34208
941-750-6700
vitolproducts.com

