

PRO PERFORMANCE® RESULTS

Numbers matter when you want to increase mass and muscle. This scientifically formulated gainer contains 1,340 nutrient-dense calories and 50 grams of high-quality protein to help you increase size and overall body strength.** Bulk 1340 also provides 10 grams of glutamine, an important amino acid for maintaining positive immune response and muscle function to support your wellness goals.*

Branched Chain Amino Acids may help reduce muscle protein breakdown. This formula includes 11 grams of BCAA for muscle recovery and growth, and creatine to help your muscles produce energy for exercise.**

PRO PERFORMANCE® QUALITY

Bulk 1340 is tested and certified Banned Substance Free.* It tastes great, mixes easily with a simple shake or blend and is fast absorbing to conveniently support maximum wellness.*

*When used in conjunction with an exercise program.



*Product was tested & monitored for over 285 banned substances on the 2022 World Anti-Doping Agency (WADA) Prohibited list via LGC skip lot testing protocol #ICP0307.

KEEP OUT OF REACH OF CHILDREN.
Store in a cool, dry place.
For More Information:
1-888-462-2548
GNC.com

* 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.

GNC

PRO PERFORMANCE

50G PROTEIN | 1340 CALORIES | 279G CARBS

BULK 1340

High-Calorie Mass Gainer
Supports Muscle Energy,
Recovery & Growth**



DIETARY SUPPLEMENT
NET WT. 7.14 LB. (114.24 OZ.) 3240 G • 9 SERVINGS

COOKIES & CREAM
NATURAL & ARTIFICIAL FLAVORS



41783 DIRECTIONS: As a dietary supplement, mix six scoops (360 g) with 24 fl. oz. of cold water or milk. Consume 1-2 servings per day.

Supplement Facts			
Amount Per Serving	% Daily Value		% Daily Value
Serving Size	6 Scoops (360 g) in Water	6 Scoops (360 g) in 2% Milk	
Servings Per Container	9	9	
Amount Per Serving	% Daily Value		% Daily Value
Calories	1340	1710	
Total Fat	3 g	4%†	23%†
Saturated Fat	2 g	10%†	55%†
Cholesterol	65 mg	22%	42%
Total Carbohydrate	279 g	101%†	114%†
Dietary Fiber	3 g	11%†	
Total Sugars	12 g		47 g
Protein	50 g		74 g
Vitamin A	1500 mcg RAE	167%	1708 mcg RAE
Vitamin C	60 mg	67%	60 mg
Vitamin D	5 mcg	25%	13.9 mcg
Vitamin E	20.1 mg	134%	20.1 mg
Thiamin	4.8 mg	400%	5.1 mg
Riboflavin	4 mg	308%	5.3 mg
Niacin	50 mg	313%	50.6 mg
Vitamin B-6	5 mg	294%	5.3 mg
Folate	667 mcg DFE	167%	725 mcg DFE
	(400 mcg Folic Acid)		(435 mcg Folic Acid)
Vitamin B-12	10 mcg	417%	13.5 mcg
Biotin	300 mcg	1000%	300 mcg
Pantothenic Acid	25 mg	500%	27.5 mg
Calcium	800 mg	62%	1675 mg
Iron	6 mg	33%	6 mg
Phosphorus	630 mg	50%	1300 mg
Iodine	150 mcg	100%	150 mcg
Magnesium	140 mg	33%	220 mg
Zinc	15 mg	136%	18.5 mg
Selenium	70 mcg	127%	88 mcg
Copper	1 mg	111%	1 mg
Manganese	2.5 mg	109%	2.6 mg
Chromium	120 mcg	343%	120 mcg
Molybdenum	75 mcg	167%	75 mcg
Sodium	450 mg	20%	800 mg
Potassium	450 mg	10%	1490 mg
Anabolic Amino Maximizer	24 g	36 g	
Glutamine & Glutamic Acid (as Whey Protein Concentrate, Calcium Caseinate, Whey Protein Isolate, Milk Protein Isolate, Glutamine Peptides [Hydrolyzed Whey, L-Glutamine], Egg Albumen)	10 g	15 g	
Leucine (as Whey Protein Concentrate, Calcium Caseinate, Whey Protein Isolate, Milk Protein Isolate, L-Leucine, Egg Albumen)	6 g	8.5 g	
Isoleucine (as Whey Protein Concentrate, Calcium Caseinate, Whey Protein Isolate, Milk Protein Isolate, Egg Albumen)	2.5 g	4 g	
Valine (as Whey Protein Concentrate, Calcium Caseinate, Whey Protein Isolate, Milk Protein Isolate, Egg Albumen)	2.5 g	4 g	

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

OTHER INGREDIENTS: Maltodextrin, Protein Blend (Whey Protein Concentrate, Calcium Caseinate, Whey Protein Isolate, Milk Protein Isolate, Egg Albumen), Cookie Bits (Rice Flour, Sugar, Canola Oil, Cocoa [Processed with Alkali], Rice Starch, Baking Soda, Salt), Natural and Artificial Flavors, Vitamin and Mineral Blend (Calcium Phosphate, Potassium Phosphate, Magnesium Aspartate, Ascorbic Acid, Nicotinamide, d-alpha Tocopheryl Acetate, Biotin, Zinc Citrate, d-Calcium Pantothenate, Natural beta-Carotene, L-Selenomethionine, Ferrous Fumarate, Chromium Amino Acid Chelate, Manganese Sulfate, Thiamin Mononitrate, Pyridoxine HCl, Folic Acid, Molybdenum Amino Acid Chelate, Riboflavin, Potassium Iodide, Cholecalciferol, Copper Oxide, Cyanocobalamin), Medium Chain Triglycerides, Gum Blend (Cellulose Gum, Xanthan Gum, Carrageenan), TRAACS® Magnesium Bisglycinate Chelate, Sucralose, Acesulfame Potassium, Titanium Dioxide.

CONTAINS: Egg, Milk and Soybeans.
Distributed by: GNC Holdings, LLC, Pittsburgh, PA 15222 USA
Contains a bioengineered food ingredient.
⚠ WARNING: Cancer and Reproductive Harm – www.P65Warnings.ca.gov. Consult your physician prior to using this product if you are pregnant, nursing, taking medication, under 18 years of age or have a medical condition. Discontinue use two weeks prior to surgery. Nicotin may cause a temporary flushing reaction. Inform your physician of this product's biotin content before any lab test.
Manufactured on equipment that processes products containing soybeans (lecithin), milk, peanut flavor, wheat, shellfish, tree nuts, fish oil and eggs.

Gluten Free.
NOTICE: Significant product settling may occur.
TRAACS® is a registered trademark of Albion Laboratories, Inc.



WAYS TO ENJOY YOUR BULK 1340

- 1

SHAKE
Combine with cold water, milk or your favorite beverage in a shaker cup
- 2

BLEND
Make a delicious smoothie, adding fruits, juices, peanut butter or yogurt