DIRECTIONS:

SPOON STIRRED: Just add one heaping scoop of Pro Complex™ Gainer to a glass filled with 16 oz. of water, nonfat milk or your favorite beverage. Then mix it up with a spoon. Stir for about 20 seconds or until powder is completely dissolved.

SHAKER: Just add one heaping scoop of Pro Complex™ Gainer to your shaker cup and then pour in 16 oz. of your preferred beverage. Cover and shake for 20-30 seconds. **TIP:** Mixing one scoop with 6-8 fl. oz. of nonfat milk instead of water will give you a thicker, creamier shake.

BLENDER: Add one heaping scoop of Pro Complex™ Gainer to a blender filled with 16 oz. of water, nonfat milk, or your favorite beverage. Blend for 30-40 seconds. Then add a few ice cubes and blend for an additional 30 seconds.

Pro Complex™ Gainer is a superior supplement that can be used to support high-calorie needs in a variety of ways.

BETWEEN MEALS: Drink 1-2 servings of Pro Complex™ Gainer between meals to maintain positive nitrogen balance and support a high-calorie diet. **POST-WORKOUT:** Begin drinking one serving of Pro Complex™ Gainer 30-60 minutes following exercise to support maximum recovery. **BEFORE BED:** Drink one serving of Pro Complex™ Gainer about 45-60 minutes before bed to provide nutrients to recovering muscle throughout the night.

NOTE: For best results use Pro Complex™ Gainer combined with intense weight training (3-5 times per week) and a sensible diet. Also, keep in mind that sufficient recovery between workouts impacts your ability to gain lean mass. Allowing at least 48 hours between workouts involving the same body parts is recommended.

As a general rule, consume approximately 1 gram of protein per pound of body weight per day, spread over 5-7 meals and/or supplements.

KEEP OUT OF REACH OF CHILDREN. STORE IN A COOL, DRY PLACE. DIABETICS AND HYPOGLYCEMICS SHOULD USE THIS UNDER THE ADVICE OF A QUALIFIED, LICENSED PHYSICIAN OR DIETICIAN. CONTENTS SOLD BY WEIGHT, NOT VOLUME. SOME SETTLING MAY OCCUR. 16 OUNCES OF SKIM MILK ADDS 170 CALORIES, 16 GRAMS OF CARBS, AND 0 GRAMS OF FAT.

THE BIGGER PICTURE
WWW.OPTIMUMNUTRITION.COM

SERVING SCOOP INCLUDED, BUT MAY SETTLE TO THE BOTTOM DURING SHIPPING

PRO COMPLEX™

GAINER

650+ CALORIES
60G PROTEIN
85G CARBS
26 VITAMINS & MINERALS

HIGH-PROTEIN LEAN GAINER

NET WT. 10.16 lb (4,620 G)

THE BIGGER PICTURE OF LEAN GAINERS

Don't judge a gainer based solely upon its calories per serving. Because when it comes to gaining lean mass, not all calories are created equally. Unlike typical weight-gain formulas that are loaded with simple sugars and fat, Pro Complex™ Gainer derives a much higher percentage of its calories from protein–7 premium protein sources to be exact. By also supplying complex carbohydrates, dietary fiber, medium chain triglycerides (MCTs), digestive enzymes, vitamins, essential minerals, and great taste as well, we've created the ideal lean gainer. Pro Complex™ Gainer was made with quality, not quantity, in mind. Because we understand that you want to get big, not fat.

THE INGREDIENTS THAT MAKE UP THE MASS:

HIGH-QUALITY PROTEINS: Pro Complex™ Gainer is comprised of high biological value proteins, which means they are easily digested and absorbed so they provide a full complement of amino acids to support the rebuilding process. Each serving of Pro Complex™ Gainer provides a 60-gram dose of premium muscle-building protein made from 7 unique sources.

COMPLEX CARBOHYDRATES & LIPIDS: Carbohydrates and lipids (fats and oils) provide sustained energy that help prevent proteins from being burned as fuel. Each serving of Pro Complex™ Gainer provides 85 grams of carbohydrates and 4-5 grams of fiber with only 5 grams of sugar. In addition Pro Complex™ Gainer supplies medium chain triglycerides (MCTs) and other energy-dense lipids.

MICRONUTRIENTS: Various vitamins and essential minerals are utilized during the growth process. Without these micronutrients your body cannot effectively process proteins, carbohydrates, or fats. Each serving of Pro Complex™ Gainer provides 26 vitamins and essential minerals.

CALORIES: To gain just one extra pound, you need to consume approximately 3,500 calories–above and beyond what you normally consume through foods, beverages, and supplements. Pro Complex™ Gainer provides over 600 calories per serving. By adding just one serving to your daily routine, you can begin to experience an increase in lean mass within the first week.

PRO COMPLEX™ GAINER: QUALITY MASS THROUGH PREMIUM PROTEINS AND NUTRIENT-DENSE CALORIES.

THE BIGGER PICTURE
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Carefully Manufactured in the USA by:

Sunrise, FL 33325
Consumer Affairs
(630) 236-0097
optimumnutrition.com

BANANA CREAM PIE

Nutrition Facts

Serving Size 1 Heaping Scoop (165 g)
Servings per Container 28

Amount Per Serving

Calories 650	Calories from Fat 70
	% Daily Value*
Total Fat 8g	**12%**
Saturated Fat 3.5g	**18%**
Trans Fat 0g	
Cholesterol 60mg	**20%**
Sodium 360mg	**15%**
Total Carbohydrate 85g	**28%**
Dietary Fiber 4g	**16%**
Sugars 5g	
Protein 60g	

Vitamin A	20%
Vitamin C	35%
Calcium	50%
Iron	25%
Vitamin E	35%
Thiamin	15%
Riboflavin	35%
Niacin	20%
Vitamin B_6	20%
Folic Acid	20%
Vitamin B_{12}	20%
Biotin	20%
Pantothenic Acid	20%
Phosphorus	35%
Iodine	45%
Magnesium	30%
Zinc	20%
Selenium	10%
Copper	20%
Manganese	35%
Chromium	30%
Molybdenum	25%
Chloride	4%

* 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
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

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

INGREDIENTS: Maltodextrin, Protein Blend (Whey Protein Isolate, Whey Protein Concentrate, Calcium Caseinate, Egg Albumen, Hydrolyzed Whey Peptides, Glutamine Peptides), Lipid Blend (Medium Chain Triglycerides, High Oleic Sunflower Oil), Partially Hydrolyzed Guar Gum, Natural and Artificial Flavors, Lecithin, Vitamin/Mineral Blend (DiMagnesium Phosphate, Calcium Carbonate, Tricalcium Phosphate, Maltodextrin, Ascorbic Acid, Ferric Orthophosphate, Molybdenum AA Chelate, d-alpha Tocopheryl Acetate, Boron Proteinate, Niacinamide, Zinc Oxide, Manganese Sulfate, d-Calcium Pantothenate, Selenomethionine, Pyridoxine Hydrochloride, Vitamin A Palmitate, Cupric Oxide, Chromium Polynicotinate, Thiamin Hydrochloride, Riboflavin, Beta Carotene, Folic Acid, Biotin, Potassium Iodide, Cyanocobalamin), Salt, Carbogen®, Aminogen®, Sucralose, Acesulfame Potassium, Lactase.

ALLERGEN INFORMATION: CONTAINS MILK, EGG, SOY (LECITHIN), AND WHEAT (GLUTAMINE PEPTIDES) INGREDIENTS.

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07-057-976

FPO UPC 80%

DOUBLE CHOCOLATE

Nutrition Facts

Serving Size 1 Heaping Scoop (165 g)
Servings per Container 28

Amount Per Serving

Calories 650	Calories from Fat 70
	% Daily Value*
Total Fat 8g	**12%**
Saturated Fat 4g	**20%**
Trans Fat 0g	
Cholesterol 60mg	**20%**
Sodium 360mg	**15%**
Total Carbohydrate 85g	**28%**
Dietary Fiber 5g	**20%**
Sugars 5g	
Protein 60g	

Vitamin A	20%
Vitamin C	35%
Calcium	50%
Iron	40%
Vitamin E	35%
Thiamin	15%
Riboflavin	35%
Niacin	20%
Vitamin B_6	20%
Folic Acid	20%
Vitamin B_{12}	20%
Biotin	20%
Pantothenic Acid	20%
Phosphorus	35%
Iodine	45%
Magnesium	30%
Zinc	20%
Selenium	10%
Copper	20%
Manganese	35%
Chromium	30%
Molybdenum	25%
Chloride	4%

* 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
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

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

INGREDIENTS: Maltodextrin, Protein Blend (Whey Protein Isolate, Whey Protein Concentrate, Calcium Caseinate, Egg Albumen, Hydrolyzed Whey Peptides, Glutamine Peptides), Cocoa (Processed with Alkali), Lipid Blend (Medium Chain Triglycerides, High Oleic Sunflower Oil), Partially Hydrolyzed Guar Gum, Natural and Artificial Flavors, Lecithin, Vitamin/Mineral Blend (DiMagnesium Phosphate, Calcium Carbonate, Tricalcium Phosphate, Maltodextrin, Ascorbic Acid, Ferric Orthophosphate, Molybdenum AA Chelate, d-alpha Tocopheryl Acetate, Boron Proteinate, Niacinamide, Zinc Oxide, Manganese Sulfate, d-Calcium Pantothenate, Selenomethionine, Pyridoxine Hydrochloride, Vitamin A Palmitate, Cupric Oxide, Chromium Polynicotinate, Thiamin Hydrochloride, Riboflavin, Beta Carotene, Folic Acid, Biotin, Potassium Iodide, Cyanocobalamin), Salt, Carbogen® Aminogen®, Sucralose, Acesulfame Potassium, Lactase.

ALLERGEN INFORMATION: CONTAINS MILK, EGG, SOY (LECITHIN), AND WHEAT (GLUTAMINE PEPTIDES) INGREDIENTS.

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07-057-972

FPO UPC 80%

STRAWBERRY CREAM

Nutrition Facts

Serving Size 1 Heaping Scoop (165 g)
Servings per Container 28

Amount Per Serving

Calories 650	Calories from Fat 70
	% Daily Value*
Total Fat 8g	**12%**
Saturated Fat 3.5g	**18%**
Trans Fat 0g	
Cholesterol 60mg	**20%**
Sodium 360mg	**15%**
Total Carbohydrate 85g	**28%**
Dietary Fiber 4g	**16%**
Sugars 5g	
Protein 60g	

Vitamin A	20%
Vitamin C	35%
Calcium	50%
Iron	25%
Vitamin E	35%
Thiamin	15%
Riboflavin	35%
Niacin	20%
Vitamin B_6	20%
Folic Acid	20%
Vitamin B_{12}	20%
Biotin	20%
Pantothenic Acid	20%
Phosphorus	35%
Iodine	45%
Magnesium	30%
Zinc	20%
Selenium	10%
Copper	20%
Manganese	35%
Chromium	30%
Molybdenum	25%
Chloride	4%

* 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
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

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

INGREDIENTS: Maltodextrin, Protein Blend (Whey Protein Isolate, Whey Protein Concentrate, Calcium Caseinate, Egg Albumen, Hydrolyzed Whey Peptides, Glutamine Peptides), Lipid Blend (Medium Chain Triglycerides, High Oleic Sunflower Oil), Partially Hydrolyzed Guar Gum, Natural and Artificial Flavors, Lecithin, Vitamin/Mineral Blend (DiMagnesium Phosphate, Calcium Carbonate, Tricalcium Phosphate, Maltodextrin, Ascorbic Acid, Ferric Orthophosphate, Molybdenum AA Chelate, d-alpha Tocopheryl Acetate, Boron Proteinate, Niacinamide, Zinc Oxide, Manganese Sulfate, d-Calcium Pantothenate, Selenomethionine, Pyridoxine Hydrochloride, Vitamin A Palmitate, Cupric Oxide, Chromium Polynicotinate, Thiamin Hydrochloride, Riboflavin, Beta Carotene, FD&C Red #40, Acesulfame Potassium, Lactase.

ALLERGEN INFORMATION: CONTAINS MILK, EGG, SOY (LECITHIN), AND WHEAT (GLUTAMINE PEPTIDES) INGREDIENTS.

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07-057-978

FPO UPC 80%

VANILLA CUSTARD

Nutrition Facts

Serving Size 1 Heaping Scoop (165 g)
Servings per Container 28

Amount Per Serving

Calories 650	Calories from Fat 70
	% Daily Value*
Total Fat 8g	**12%**
Saturated Fat 3.5g	**18%**
Trans Fat 0g	
Cholesterol 60mg	**20%**
Sodium 360mg	**15%**
Total Carbohydrate 85g	**28%**
Dietary Fiber 4g	**16%**
Sugars 5g	
Protein 60g	

Vitamin A	20%
Vitamin C	35%
Calcium	50%
Iron	25%
Vitamin E	35%
Thiamin	15%
Riboflavin	35%
Niacin	20%
Vitamin B_6	20%
Folic Acid	20%
Vitamin B_{12}	20%
Biotin	20%
Pantothenic Acid	20%
Phosphorus	35%
Iodine	45%
Magnesium	30%
Zinc	20%
Selenium	10%
Copper	20%
Manganese	35%
Chromium	30%
Molybdenum	25%
Chloride	4%

* 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
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

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

INGREDIENTS: Maltodextrin, Protein Blend (Whey Protein Isolate, Whey Protein Concentrate, Calcium Caseinate, Egg Albumen, Hydrolyzed Whey Peptides, Glutamine Peptides), Lipid Blend (Medium Chain Triglycerides, High Oleic Sunflower Oil), Partially Hydrolyzed Guar Gum, Natural and Artificial Flavors, Lecithin, Vitamin/Mineral Blend (DiMagnesium Phosphate, Calcium Carbonate, Tricalcium Phosphate, Maltodextrin, Ascorbic Acid, Ferric Orthophosphate, Molybdenum AA Chelate, d-alpha Tocopheryl Acetate, Boron Proteinate, Niacinamide, Zinc Oxide, Manganese Sulfate, d-Calcium Pantothenate, Selenomethionine, Pyridoxine Hydrochloride, Vitamin A Palmitate, Cupric Oxide, Chromium Polynicotinate, Thiamin Hydrochloride, Riboflavin, Beta Carotene, Folic Acid, Biotin, Potassium Iodide, Cyanocobalamin), Salt, Carbogen® Aminogen®, Sucralose, Acesulfame Potassium, Lactase.

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