

Supplement Facts

Serving Size 229g (~5 Scoops) Servings Per Container ~10

Amount Per Serving	%DV*	Amount Per Serving	%DV*	Amount Per Serving	%DV*
Calories 875		Magnesium 140mg	35%	Inositol	**
Calories from Fat 99		Zinc 7.5mg	50%	Choline Bitartrate	**
Total Fat 11g	17%	Selenium 10.5mcg	15%	L-Glutamine	**
Saturated Fat 3g	15%	Potassium 870mg	25%	L-Carnitine	**
Trans Fat 0g	**			Gain Fast Specialized Amino Acid Complex	38,000mg
Cholesterol 3mg	1%	Anabolic Gaining Agents 2000mg			
Sodium 910mg	38%	Arginine Alpha-Ketoglutarate (AKG)	**	L-Glutamic Acid	**
Total Carbohydrate 196g	92%	Beta Sitosterol	**	L-Leucine	**
Dietary Fiber 6g	25%	Mura Puama (bark)	**	L-Aspartic Acid	**
Sugars 26g	**	Kudzu Root Powder	**	L-Lysine	**
Protein 38g	76%	S-Methyl-7-Methoxypsillavone	**	L-Threonine	**
Vitamin A 4750IU	95%	7-Isopropoxy-psyllavone	**	L-Isoleucine	**
Vitamin C 60mg	100%	Alpha Lipic Acid (ALA)	**	L-Valine	**
Vitamin D 380IU	95%	L-Ornithine HCl	**	L-Proline	**
Vitamin E 30IU	100%	Saw Palmetto (fruit)	**	L-Alanine	**
Thiamin 1.5mg	100%	Metabolic Optimizers & Performance Factors 750mg		L-Serine	**
Riboflavin 2.04mg	120%	Kola Nut Powder (seed)	**	L-Phenylalanine	**
Niacin 19mg	95%	Korean Ginseng (root)	**	L-Tyrosine	**
Vitamin B6 1.9mg	95%	Milk Thistle (seed)	**	L-Cystine	**
Folic Acid 380mcg	95%	Beta-Alanine	**	L-Methionine	**
Vitamin B12 5.7mcg	95%	Bromelain	**	L-Histidine	**
Pantothenic Acid 10.7mg	107%	Lipotropics & Ergogenics 900mg		L-Glycine	**
Calcium 1000mg	100%	Creatine Monohydrate	**	L-Tryptophan	**
Phosphorus 1000mg	100%				

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

OTHER INGREDIENTS: ProtoCarb Plus (Universal's High Performance Carbohydrate Complex consisting of high energy glucose polymers, maltodextrin (long-chained complex carbohydrates), pure crystalline fructose, and dextrose), pure crystalline fructose, and dextrose), non-fat dry milk, Super Protein EX (Universal's Superior Protein Blend consisting of the highest biological value peptide-bonded caseinate (milk) and ultra-filtrated whey protein concentrate with naturally occurring branched chain amino acids L-leucine, L-isoleucine and L-valine), natural and artificial flavors, cocoa, sunflower oil, cellulose, monoglycerides, dipotassium phosphate, silicon dioxide, tocopherols, dicalcium phosphate, potassium sulfate, vitamin matrix (ascorbic acid, d-alpha-tocopherol acetate, niacinamide, d-calcium pantothenate, vitamin a acetate, pyridoxine HCl, thiamin mononitrate, riboflavin, cholecalciferol, folic acid, cyanocobalamin), magnesium oxide, lecithin (soy), zinc oxide. Made in a GMP facility on equipment that processes milk, soy, egg, peanuts, tree nuts, fish, shellfish, and wheat.

DOSAGE: Mix 5 scoops of Gain Fast™ with 16 oz. of your beverage of choice. Mix thoroughly (preferably in a blender with crushed ice for a rich, thick, delicious, frosty milk shake). For best results, take one to three servings of Gain Fast™ daily in addition to regular meals. Use in conjunction with a proper training and nutrition program. With Gain Fast's exclusive "Get Big Quick" formula, you can get over 3100 calories from 157g of protein, 330g of carbs and 82g of fat. For full recipe info, visit www.universaln nutrition.com/GetBigQuick

NOTE: Do not use as your sole source of calories.

WARNING: This product is not for use by any individual under the age of 18. Please consult with a physician before using this product. Do not take this product if you have or are at risk for any medical condition or disease including but not limited to diabetes, asthma, depression, recurrent headaches, glaucoma, difficulty urinating, prostate enlargement, seizure disorder, high blood pressure, high cholesterol, arthritis, heart disease, stroke, are pregnant, or are suffering from any inflammatory diseases. Be sure to talk to your physician before using this product if you are using any prescription drug, over-the-counter medication, or supplements. Not for use by children, patients, pregnant or nursing women. Immediately discontinue use and consult your physician if dizziness, sleeplessness, tremors, nervousness, agitation, headache, heart palpitations, or any side effects occur. Discontinue use two weeks prior to surgery. The use of this product may be banned by some athletic associations. Athletes should consult with their sanctioning authority before use. California Residents Proposition 65 Warning: This product contains a substance known to the State of California to cause birth defects or other reproductive harm. Exercise good judgment and keep this out of reach of children. Store this product in a cool, dry place, away from heat, moisture and sunlight. Do not exceed recommended dose.

*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.



MADE PROUDLY IN THE U.S.A.
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UNIVERSAL NUTRITION GAIN FAST 3100

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GAIN FAST 3100

CHOCOLATE SHAKE

Anabolic Weight Gain Supplement

Net Wt 5.1 lb (2.3 kg)

"Get Big Quick" Formula

WHO WE ARE Universal Nutrition has been providing cutting edge and staple nutritional supplements to bodybuilders and hard training athletes the world over since 1977. As time passes, certain ideals never go out of style. Honesty. Integrity. Respect. These are the values we uphold and are the bedrock upon which we built our business. **WHAT IT IS** Gain Fast™ from Universal is powerful and massive anabolic weight gaining formula. Gain Fast™ was our first weight gainer scientifically-engineered and formulated to help you attain solid gains of hard mass, without fat or wasted calories. Gain Fast™ is protein-rich, complex carbohydrate-dense and packed with advanced anabolic gaining agents, all designed to help target the cellular growth areas of your body. Gain Fast™ was also the first weight gainer to offer you a 3100+ calorie potential. With high amounts of quality protein, complex carbohydrates and added vitamins and minerals, Gain Fast™ is one of the most complete gaining formulas available. The exclusive "Get Big Quick" formula lets you exceed the weight gaining barriers by fueling your body with an incredible 3100+ quality calories.* **HOW WE BACK IT UP** What is on the label is in the bottle and what is in the bottle will help you reach your goals. We believe it and proudly stand behind every product we manufacture. Our word is our bond.

Engineered for Maximum Gains in Mass & Size | High in Protein & Complex Carbs

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