

Supplement Facts

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

Amount Per Serving	%DV	Amount Per Serving	%DV	Amount Per Serving	%DV
Calories	890	Zinc	7.5mg 50%	Inositol	**
Calories from Fat	72	Selenium	10.5mcg 16%	Choline Bitartrate	**
Total Fat	8g 12%*	Potassium	735mg 21%	L-Glutamine	**
Saturated Fat	1g 5%*			L-Carnitine	**
Trans Fat	0g **	Anabolic Gaining Agents 2000mg		Gain Fast Specialized	
Cholesterol	3mg 1%*	Arginine Alpha-Ketoglutarate (AKG)	**	Amino Acid Complex 37,000mg	
Sodium	920mg 38%*	Phytosterols (providing beta sterols)	**	L-Glutamic Acid	**
Total Carbohydrate	165g 55%*	Mulira Puama (bark)	**	L-Leucine	**
Dietary Fiber	4g 16%*	Kudzu Root Powder	**	L-Aspartic Acid	**
Sugars	81g **	5-Methyl-7-Methoxyflavone	**	L-Lysine	**
Protein	37g 74%*	7-Isopropoxy-Isoflavone	**	L-Threonine	**
Vitamin A	4750IU 95%	Alpha Lipoic Acid (ALA)	**	L-Isoleucine	**
Vitamin C	60mg 100%	L-Ornithine HCl	**	L-Valine	**
Vitamin D	380IU 95%	Saw Palmetto (fruit)	**	L-Proline	**
Vitamin E	30IU 100%	Metabolic Optimizers & Performance Factors 750mg		L-Alanine	**
Thiamin	1.5mg 100%	Kola Nut Powder (seed)	**	L-Serine	**
Riboflavin	2.04mg 120%	Korean Ginseng (root)	**	L-Phenylalanine	**
Niacin	19mg 95%	Milk Thistle (seed)	**	L-Tyrosine	**
Vitamin B6	1.9mg 95%	Carnosyn® Beta-Alanine	**	L-Cysteine	**
Folic Acid	380mcg 95%	Bromelain	**	L-Arginine	**
Vitamin B12	5.7mcg 95%	Lipotropics & Ergogenics 900mg		L-Methionine	**
Pantothenic Acid	10.7mg 107%	Creatine Monohydrate	**	L-Histidine	**
Calcium	1000mg 100%			L-Glycine	**
Phosphorus	977mg 98%			L-Tryptophan	**
Magnesium	100mg 25%				

* 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), 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), sunflower oil, natural and artificial flavors, cellulose, monoglycerides, dipotassium phosphate, silicon dioxide, tocopherols, dicalcium phosphate, potassium sulfate, vitamin matrix (ascorbic acid, di-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 52g of fat. For full recipe info, visit www.universaln nutrition.com/GetBigQuick

NOTE: Do not use as your sole source of calories. Licensed under one or more of U.S. Pat. Nos. 5,965,596; 6,426,361 and 7,504,376, each of which is owned by Natural Alternatives International, Inc. (NAI). NAI is also the owner of the registered trademark CarnoSyn®

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.

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MADE PROUDLY IN THE U.S.A.
Formulated, Tested & Manufactured By:



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GAIN FAST 3100

COOKIES & CREAM

Anabolic Weight Gain Supplement

Net Wt 5.1 lb (2.3 kg)

"Get Big Quick" Formula

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

E0514-G-32419

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.