Supplement Facts

Serving Size 329g (~5 Scoops) Servings Per Container 10

Amount Per Serving		%DV
Calories	868	
Calories from Fat	72	
Total Fat	8g	14%*
Saturated Fat	1g	5%*
Trans Fat	0g	**
Cholesterol	3mg	1%*
Sodium	929mg	38%*
Total Carbohydrate	160g	54%*
Dietary Fiber	4g	16%*
Sugars	77g	**
Protein	37g	74%*
Vitamin A	4750IU	95%
Vitamin C	60mg	100%
Vitamin D	380IU	96%
Vitamin E	30IU	100%
Thiamin	1.5mg	100%
Riboflavin	2.04mg	120%
Niacin	19mg	95%
Vitamin B6	1.9mg	95%
Folic Acid	380mcg	95%
Vitamin B12	5.7mcg	95%
Pantothenic Acid	10.7mg	107%
Calcium	1000mg	100%
Phosphorous	950mg	95%

Amount Per Serving		%DV
Magnesium	100mg	25%
Zinc	7.5mg	50%
Selenium	10.5mcg	15%
Potassium	700mg	20%
Anabolic Gaining Agents	2000mg	
Arginine Alpha-Ketoglutarate (AKG)		**
Phytosterols (providing beta sitosterol)		**
Muira Puama (bark)		**
Kudzu Root Powder		**
5-Methyl-7-Methoxyisoflavone		**
7-Isopropoxy-Isoflavone		**
Alpha Lipoic Acid (ALA)		**
L-Ornithine HCl		**
Saw Palmetto (fruit)		**
Metabolic Optimizers & Performance Factors	750mg	
Kola Nut Powder (seed)		**
Korean Ginseng (root)		**
Milk Thistle (seed)		**
CarnoSyn® Beta-Alanine		**
Bromelain		**
Lipotropics & Ergogenics	800mg	
Creatine Monohydrate		**

Amount Per Serving	%DV
Inositol	**
Choline Bitartrate	**
L-Glutamine	**
L-Carnitine	**
Gain Fast Specialized Amino Acid Complex 37,000mg	
L-Glutamic Acid	**
L-Leucine	**
L-Aspartic Acid	**
L-Lysine	**
L-Threonine	**
L-Isoleucine	**
L-Valine	**
L-Proline	**
L-Alanine	**
L-Serine	**
L-Phenylalanine	**
L-Tyrosine	**
L-Cystine	**
L-Arginine	**
L-Methionine	**
L-Histidine	**
L-Glycine	**
L-Tryptophan	**

*** 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, dl-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.universalnutrition.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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Part #309104580

CarnoSyn Carnosine Synthesizer

MADE PROUDLY IN THE U.S.A.
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www.UniversalUSA.com

UNIVERSAL®

GAIN FAST 3100™

VANILLA SHAKE | 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

I2513-G-32396

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.