

THE TRUE STRENGTH OF WEIGHT GAINERS

Putting on size requires a balance of heavy training and quality nutrition. Because everyone's a little different, some have a harder time packing on muscle than others. PRO Gainer™ is a high-protein formula delivering calories that count during recovery. Each shake provides ample supplemental protein, carbs, vitamins and minerals to build on the amount you're getting through a balanced diet of food. Use PRO Gainer™ as your post-workout recovery shake and/or a high-protein meal between meals.

BOOST YOUR GAINER SHAKE'S POTENTIAL BY ADDING ONE OR MORE OF THESE FOODS TO YOUR SHAKE.

FOOD	CALORIES	BOOST	FOOD	CALORIES	BOOST
1 oz Almonds	164	MAGNESIUM	1 cup Oranges	85	VIT. C & FIBER
1 medium Banana	105	POTASSIUM	1 cup Peaches	60	VIT. A & C
1 cup Blueberries	84	VIT. C & K	2 tbsp. Smooth PB	188	8 G OF PROTEIN
1 cup Cherries (pitted)	97	VIT. C	1 cup Pineapple	82	VIT. C
1 cup Brewed Coffee	2	95 MG CAFFEINE	1 cup Tangerine	103	VIT. A & C
1 cup Cranberries	46	FIBER			

BEYOND THE BASICS

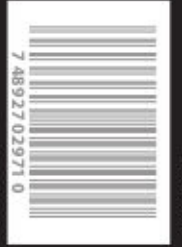
- 60 Grams of Quality Proteins Per Scoop
- 85 Grams of Carbohydrates to Help Restore Energy Levels
- 24 Vitamins & Minerals
- 5 Grams of Dietary Fiber Per Serving
- Ideal for Stacking with Other Size-Supporting Ingredients

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

MANUFACTURED IN THE USA
This product contains ingredients of international and domestic origin



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this product and
for further info
and promotions



PRO GAINER™

HIGH-PROTEIN GAINER

650
CALORIES

NET WT. 5.09 LB (2.31 KG)
POWDERED PROTEIN AND CARBOHYDRATE
DRINK MIX



60G
PROTEIN

85G
CARBS

24
VITAMINS &
MINERALS

DOUBLE CHOCOLATE
Naturally & Artificially Flavored

Nutrition Facts

Serving Size 1 Heaping Scoop (165g)
Servings per Container 14

Amount Per Serving		Calories from Fat 70		
Calories 650		% Daily Value*		
Total Fat 8g			12%	
Saturated Fat 4g			20%	
Trans Fat 0g				
Cholesterol 60mg			20%	
Sodium 340mg			14%	
Total Carbohydrate 85g			28%	
Dietary Fiber 5g			20%	
Sugars 6g				
Protein 60g			120%	
Vitamin A 20%	•	Vitamin C 35%		
Calcium 50%	•	Iron 25%		
Vitamin E 35%	•	Thiamin 15%		
Riboflavin 35%	•	Niacin 20%		
Vitamin B6 20%	•	Folic Acid 20%		
Vitamin B12 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 2000 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	
Protein		50g	65g	
Calories per gram:				
Fat 9	•	Carbohydrate 4	•	Protein 4

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

MANUFACTURED BY
OPTIMUM NUTRITION
975 Meridian Lake Dr., Aurora, IL 60504

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, Ascorbic Acid, Ferric Orthophosphate, Manganese Sulfate, Molybdenum AA Chelate, D-alpha Tocopheryl Acetate, Boron AA Chelate, Nicotinamide, Zinc Oxide, Manganese Sulfate, D-Calcium Pantothenate, Selenium Sulfate, 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.

DIRECTIONS:
SHAKER CUP: Add 1 heaping scoop of PRO Gainer™ to 16 oz of cold water and shake until thoroughly dissolved. **TIP:** Using milk will add additional calories, carbs and proteins to the nutrient profile of your gainer shake. You can also stack your shake with creatine and other size-supporting supplements.

ELECTRIC BLENDER: By using an electric blender, you can turn your gainer shake into a nutrient-dense mini-meal. Add in fresh or frozen fruit, peanut butter, nuts, seeds and size-supporting supplements. **TIP:** Adding a couple of ice cubes can improve the consistency of your shake.

FOR MAXIMUM RESULTS: Use daily in conjunction with a healthy balanced diet and regular exercise including both strength and cardiovascular training.

SUGGESTED USE: For healthy adults, consume enough energy from a combination of high quality foods and supplements throughout the day as part of a balanced diet and exercise program.

STORE IN A COOL, DRY PLACE.
CONTENTS SOLD BY WEIGHT NOT VOLUME.

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TRUE STRENGTH™
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