



SHAKE

ADD 5 SCOOPS TO SECONDS

YOUR SHAKER, CLOSE AND SHAKE FOR 30





ADD 5 SCOOPS TO BI ENDER BI END FOR 20 SECONDS ADDICE AND BLEND FOR 20 EXTRA SECONDS

STIR

ADD 5 SCOOPS TO 20-30 SECONDS OR

ARGE GLASS, STIR FOR LINTH THE POWDER IS COMPLETELY DISSOLVED.



COOKIES AND CREAM

NATURAL AND ARTIFICIAL FLAVORS

1-2 SERVINGS AT BREAKFAST **BETWEEN MEALS**

53₆

630

- MUSCLE / STRENGTH **BUILDING PROGRAMS** POWER / ENDURANCE
- **PROGRAMS** MASS BUILDING PROGRAMS



NET WT. 5.8 LBS (2,640 GRAMS)

53g OF PROTEIN PER 5 SCOOPS!

Supplement Facts

Serving Size 5 Scoops (168 grams) Servings Per Container Approx. 16 Amount Per Serving % Daily Value Calories Total Fat Saturated Fat Total Carbohydrate Dietary Fiber Sugar Calcium Sodium 160 ma 2.6 g

-Isoleucine (naturally occurring from protein -Valine (naturally occurring from protein) Betaine (as Betaine anhydrous) CLA Matrix (Proprietary) (as Coconut oil Avocado oil. (CLA) conjugated linoleic acid, and IMCTs) medium chain triplycerides) Glutamine (as L-glutamine, glutamine HCl and III TIMATE I FAN MUSCI F trans-alaryl-glutamine) Glycerol (as glycerol monostearate) Percent Daily Values are based on a 2 000 calorie diet

"*Daily Value not established.

UGGESTED USE: Take one (1) to two (2) servings

t delivers more protein, more carbohydrates, more

harricore GAINER orofile that beins to support even the

- BUILDING GAINER
- M HIGH PROTEIN TO CARB
- M EASY & DELICIOUS TO

