



## SHAKE



YOUR SHAKER CLOSE AND SHAKE FOR 30



**BLEND** 

ADD 5 SCOOPS TO BLENDER, BLEND FOR 20 SECONDS, ADD ICE AND BLEND FOR 20 EXTRA SECONDS







CHOCOLATE PEANUT BUTTER

NATURAL AND ARTIFICIAL FLAVORS



1-2 SERVINGS

(5-10 SCOOPS) A DAY AT BREAKFAST Serving Size 5 Scoops (168 grams Servings Per Container Agono: 16

620

MUSCLE / STRENGTH BUILDING PROGRAMS

POWER / ENDURANCE **PROGRAMS** 

MASS BUILDING PROGRAMS\*

**NET WT. 5.8 LBS (2,640 GRAMS)** 

trans-alary/i-glutamine) \*Percent Daily Values are based on a 2,000 calorie diet. "Daily Value not established.

53g OF PROTEIN PER 5 SCOOPS!
1g OF GLUTAMINE

## Supplement Facts

Amount Per Serving		% Daily Value
Calories	620	
Calories from Fat	60	
Total Fat	6 g	9%
Saturated Fat	3.5 g	18%
Cholesterol	215 mg	72%
Total Carbohydrate	88 g	29%
Dietary Fiber	1 g	4%
Sugars	9 g	
Protein	53 g	106%
Calcium	900 mg	90%
Sodium	500 mg	21%
L-Leucine (naturally occurring from protein)	2.6 g	
L-Isoleucine (naturally occurring from protein)	1.4 g	
L-Valine (naturally occurring from protein)	1.7 g	**
Betaine (as Betaine anhydrous)	1 g	**
CLA Matrix (Proprietary) (as Coconut oil, Avocado oil, (CLA) conjugated linoleic acid, and (MCTs) medium chain triglycerides)	1 g	
Glutamine (as L-glutamine, glutamine HCl and	1 g	

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

hardcore GAINER profile that helps to support even the

**W** ULTIMATE LEAN MUSCLE **BUILDING GAINER** 

M HIGH PROTEIN TO CARB

M EASY & DELICIOUS TO DRINK

