UNIVERSAL™

GAIN FAST™

Weight Gain Supplement

Net Wt 10 lb (4.55kg)

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™ 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. 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 guarantee it. Backed by our 100% ironclad money back guarantee, we proudly stand behind every item we produce. If for whatever reason you are not satisfied with any product bearing our name, simply return it to your place of purchase with a receipt for a full refund. Our word is our bond.

"Get Big Quick" Formula ! Engineered for Maximum Gains in Mass & Size ! High in Protein & Complex Carbs

MADE PROUDLY IN THE U.S.A.
Formulated, Tested & Manufactured By:
Universal® Nutrition
New Brunswick, New Jersey 08901
800-USA-0101 • 732-545-3130
www.universalnutrition.com

E2810-G

CHOCOLATE SHAKE

Supplement Facts

Serving Size 229g (~5 Scoops)
Servings Per Container ~20

Amount Per Serving		%DV	Amount Per Serving		%DV
Calories	875		Alpha Lipoic Acid (ALA)		**
Calories from Fat	99		L-Ornithine HCl		**
Total Fat	11g	17%*	Saw Palmetto		**
Saturated Fat	3g	15%*	Metabolic Optimizers & Performance Factors	750mg	
Trans Fat	0g	**	Kola Nut Powder		**
Cholesterol	3mg	1%*	Korean Ginseng		**
Total Carbohydrate	156g	52%*	Milk Thistle		**
Dietary Fiber	6g	25%*	Beta-Alanine		**
Sugars	76g	**	Bromelain		**
Protein	38g	76%*	Lipotropics & Ergogenics	900mg	
Vitamin A	4750IU	95%	Creatine Monohydrate		**
Vitamin C	60mg	100%	Inositol		**
Vitamin D	380IU	95%	Choline Bitartrate		**
Vitamin E	30IU	100%	L-Glutamine		**
Thiamin	1.5mg	100%	L-Carnitine		**
Riboflavin	2.04mg	120%	Gain Fast Specialized Amino Acid Complex	38,000mg	
Niacin	19mg	95%	L-Glutamic Acid		**
Vitamin B6	1.9mg	95%	L-Leucine		**
Folic Acid	380mcg	95%	L-Aspartic Acid		**
Vitamin B12	5.7mcg	95%	L-Lysine		**
Calcium	1000mg	100%	L-Threonine		**
Phosphorous	1000mg	100%	L-Isoleucine		**
Magnesium	140mg	35%	L-Valine		**
Zinc	7.5mg	50%	L-Proline		**
Selenium	105mcg	15%	L-Alanine		**
Sodium	910mg	38%*	L-Serine		**
Potassium	870mg	25%*	L-Phenylalanine		**
Anabolic Gaining Agents	2000mg		L-Tyrosine		**
Arginine Alpha-Ketoglutarate (AKG)		**	L-Cystine		**
Beta Sitosterol		**	L-Arginine		**
Muira Puama		**	L-Methionine		**
Kudzu Root Powder		**	L-Histidine		**
5-Methul-7-Methoxyisoflavone		**	L-Glycine		**
7-Isopropoxy-Ipriflavone		**	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), natural and artificial flavors, cocoa, sunflower oil, 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 that uses milk, soy, egg, peanuts.

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**

BANANA-SPLIT SHAKE

Supplement Facts

Serving Size 229g (~5 Scoops)
Servings Per Container ~20

Amount Per Serving		%DV	Amount Per Serving		%DV
Calories	868		Alpha Lipoic Acid (ALA)		**
Calories from Fat	72		L-Ornithine HCl		**
Total Fat	8g	14%*	Saw Palmetto		**
Saturated Fat	1g	5%*	Metabolic Optimizers & Performance Factors	750mg	
Trans Fat	0g	**	Kola Nut Powder		**
Cholesterol	3mg	1%*	Korean Ginseng		**
Total Carbohydrate	162g	54%*	Milk Thistle		**
Dietary Fiber	4g	16%*	Beta-Alanine		**
Sugars	82g	**	Bromelain		**
Protein	37g	74%*	Lipotropics & Ergogenics	900mg	
Vitamin A	4750IU	95%	Creatine Monohydrate		**
Vitamin C	60mg	100%	Inositol		**
Vitamin D	380IU	95%	Choline Bitartrate		**
Vitamin E	30IU	100%	L-Glutamine		**
Thiamin	1.5mg	100%	L-Carnitine		**
Riboflavin	2.04mg	120%	Gain Fast Specialized Amino Acid Complex	37,000mg	
Niacin	19mg	95%	L-Glutamic Acid		**
Vitamin B6	1.9mg	95%	L-Leucine		**
Folic Acid	380mcg	95%	L-Aspartic Acid		**
Vitamin B12	5.7mcg	95%	L-Lysine		**
Calcium	1000mg	100%	L-Threonine		**
Phosphorous	950mg	95%	L-Isoleucine		**
Magnesium	100mg	25%	L-Valine		**
Zinc	7.5mg	50%	L-Proline		**
Selenium	105mcg	15%	L-Alanine		**
Sodium	920mg	38%*	L-Serine		**
Potassium	700mg	20%	L-Phenylalanine		**
Anabolic Gaining Agents	2000mg		L-Tyrosine		**
Arginine Alpha-Ketoglutarate (AKG)		**	L-Cystine		**
Beta Sitosterol		**	L-Arginine		**
Muira Puama		**	L-Methionine		**
Kudzu Root Powder		**	L-Histidine		**
5-Methul-7-Methoxyisoflavone		**	L-Glycine		**
7-Isopropoxy-Ipriflavone		**	L-Tryptophan		**

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WARNINGS: Keep out of reach of children. Before beginning any program, consult your health care practitioner.

NOTE: Do not use as your sole source of calories.

COOKIES & CREAM

Supplement Facts

Serving Size 229g (~5 Scoops)
Servings Per Container ~20

Amount Per Serving		%DV	Amount Per Serving		%DV
Calories	880		Alpha Lipoic Acid (ALA)		**
Calories from Fat	72		L-Ornithine HCl		**
Total Fat	8g	14%*	Saw Palmetto		**
Saturated Fat	1g	5%*	Metabolic Optimizers & Performance Factors	750mg	
Trans Fat	0g	**	Kola Nut Powder		**
Cholesterol	3mg	1%*	Korean Ginseng		**
Total Carbohydrate	165g	55%*	Milk Thistle		**
Dietary Fiber	4g	16%*	Beta-Alanine		**
Sugars	81g	**	Bromelain		**
Protein	37g	74%*	Lipotropics & Ergogenics	900mg	
Vitamin A	4750IU	95%	Creatine Monohydrate		**
Vitamin C	60mg	100%	Inositol		**
Vitamin D	380IU	95%	Choline Bitartrate		**
Vitamin E	30IU	100%	L-Glutamine		**
Thiamin	1.5mg	100%	L-Carnitine		**
Riboflavin	2mg	118%	Gain Fast Specialized Amino Acid Complex	37,000mg	
Niacin	19mg	95%	L-Glutamic Acid		**
Vitamin B6	1.9mg	95%	L-Leucine		**
Folic Acid	380mcg	95%	L-Aspartic Acid		**
Vitamin B12	5.7mcg	95%	L-Lysine		**
Calcium	1000mg	100%	L-Threonine		**
Phosphorous	977mg	98%	L-Isoleucine		**
Magnesium	100mg	25%	L-Valine		**
Zinc	7.5mg	50%	L-Proline		**
Selenium	105mcg	15%	L-Alanine		**
Sodium	920mg	38%*	L-Serine		**
Potassium	700mg	20%	L-Phenylalanine		**
Anabolic Gaining Agents	2000mg		L-Tyrosine		**
Arginine Alpha-Ketoglutarate (AKG)		**	L-Cystine		**
Beta Sitosterol		**	L-Arginine		**
Muira Puama		**	L-Methionine		**
Kudzu Root Powder		**	L-Histidine		**
5-Methul-7-Methoxyisoflavone		**	L-Glycine		**
7-Isopropoxy-Ipriflavone		**	L-Tryptophan		**

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***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.**