

MRM's Natural Gainer is an ideal health supplement for individuals looking to add useful calories to their diets as well as to increase or maintain lean body mass.** **Natural Gainer** makes it simple to add extra calories, in an easy to make, delicious beverage without the hassle of preparing another to-go meal. It was designed for all age groups and active lifestyles.

Three Essential Food Categories with Optimal Ingredients

MRM's unique protein complex provides all the essential amino acids to enhance lean muscle growth.** **Natural Protein Optimizer™** is a special combination of ultra-filtered, low temperature processed whey protein concentrate, instantized calcium caseinate, crossflow microfiltered whey protein isolate, micellar casein and enzymes to provide with both immediate and sustained release of amino acids. **Natural Protein Optimizer™** provides optimal amounts of essential amino acids that growing muscles crave, especially BCAA's, Glutamine and Arginine. **MRM®** emphasizes the amount of protein per serving since it is the most prominent macronutrient proven to increase lean muscle mass.**

Additionally, **MRM®** has added trehalose, a slow release energy substrate that renders little to no effect on insulin with maximum effect on energy and minimal fat storage.** **Natural Gainer** contains a unique carbohydrate complex consisting of **VitaFiber™** (isomaltoligosaccharide), glucose polymers (maltodextrin) and "low glycemic index" fructose. This preferable combination of fast, slow and indigestible carbohydrates provides and excellent source of fiber and calories that are less prone to increase "body fat" while offering a long-lasting source of energy and satiety.**

Although fat is a highly concentrated source of energy (double that of protein and carbohydrates), **MRM's Opti-Fat™** blend was precisely chosen for its ability to be metabolized quickly for energy while offering unique benefits to the heart and cell membrane.** **Opti-Fat™** is an all natural fat complex that includes Medium Chain Triglycerides (MCTs), sunflower oil and provides 32 mg of omega-3 fatty acids DHA (docosahexaenoic acid) and EPA (eicosapentaenoic acid) combined. MCTs are well known for their ability to be metabolized quickly into energy, which can spare protein and aid in building lean muscle tissue.** DHA and EPA are long chain omega-3 fatty acids which are mostly deficient in the standard American diet. DHA, specifically, has been widely acclaimed for its structural benefits in brain development and cognition during adolescence and maintaining mental acuity in the elderly.** Combine **MRM's Natural Gainer** with a sensible diet and physical exercise program for best overall lean body mass gains.**

**This statement has 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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Lot #: (See Bottom)
Best if used by: (See Bottom)

Formulated by & Manufactured for:
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Oceanside, CA 92056 USA
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NATURAL Gainer

- NO ARTIFICIAL FLAVORS OR SWEETENERS •
- HORMONE FREE AND BSE FREE •
- EXCELLENT SOURCE OF FIBER AND OMEGA-3 DHA & EPA •



FITNESS™



RECOVERY™



STRENGTH™



GLUTEN-FREE

RICH VANILLA

DIETARY SUPPLEMENT
NET WT 3.3LBS (1512G)

MIXES INSTANTLY
18 SERVINGS

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Suggested Usage: Add one serving (2 scoops) to 8-10 ounces of water, skim milk, whole milk or your favorite beverage and shake for 30-60 seconds. Use a serving once a day, or 1/2 of a serving 2 times a day.

Supplement Facts

Serving Size 2 Scoops (approx. 84 grams)
Servings Per Container - 18

Amount Per Serving	% Daily Value*
Calories	360
Calories from Fat	60
Total Fat	7g 11%
Saturated Fat	2g 10%
Trans Fat	0g 1
Cholesterol	65mg 22%
Sodium	150mg 6%
Potassium	240mg 7%
Total Carbohydrates	49g 16%
Dietary Fiber	5g 20%
Sugars	6g 1
Protein	25g 50%

Omega-3 Blend 32mg
(Algae Source of DHA & EPA)

Vitamin A 0% • Vitamin C 8%

Calcium 21% • Iron 7%

*Percent Daily Values are based on a 2,000 calorie diet.
†Daily Value not established.

Ingredients: Natural Protein Optimizer™ (Ultra-filtered, Low Temperature Processed Whey Protein Concentrate (milk), Instantized Calcium Caseinate (milk), Crossflow Microfiltered Whey Protein Isolate (milk), Micellar Casein (milk), Soy Lecithin & Digest-Aid AP (a vegan enzyme blend), Maltodextrin, Opti-Fat (sunflower oil, soy lecithin, medium chain triglycerides, omega-3 oil from algae), Conjugated Linoleic Acid, Fructose, VitaFiber™ (isomaltoligosaccharide), Natural Vanilla Flavor, TreLEAF™ (trehalose, Stevia Leaf Extract, and Monk Fruit Extract) and Salt.

Contains milk and soy.

Contains NO peanut, tree nut, fish, shellfish, wheat, gluten or yeast.

Contains less than 1% soy lecithin.

This product is manufactured in a facility that produces other products that contain egg.

Typical Amino Acid Profile Per 84g - 2 Scoop

Alanine	1180mg
Arginine	590mg
Aspartic Acid	2810mg
Cysteine	320mg
Glutamic Acid	4410mg
Glycine	590mg
Histidine	370mg
Isoleucine	1630mg
Leucine	2400mg
Lysine	2270mg
Methionine	490mg
Phenylalanine	780mg
Proline	1570mg
Serine	1340mg
Threonine	1530mg
Tryptophan	580mg
Tyrosine	650mg
Valine	1530mg

The Protein Blend in Natural Gainer contains the following supportive immunofactors:

48-52% beta-lactoglobulin
18-22% alpha-lactoglobulin
20-22% glyco-macro-peptide
2% immunoglobulins
0.5-1% lactoferrin

• No MSG

• No Aspartame or Acesulfame K

TreLEAFia™
SWEETNESS BY NATURE



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