

If you want to gain muscle mass, two of the most basic and important things you need are a sufficient amount of protein and a surplus of calories. All calories are not created equal though, only calories from protein can be used by the body to build muscle. About 50% of the calories in Muscular Weight Gain³™ come from protein, most other weight gainers have a lower percentage of protein content (they have more carbohydrates and less protein because carbs are much cheaper). MWG³ gives you these extra calories and protein in a delicious and easy to drink beverage, without added junk you don't want. It is low in saturated fat and cholesterol, and free from added sugars, fats, artificial flavors, colors, and sweeteners. *Muscular Weight Gain³ allows you to put on muscle the healthy and natural way, without overloading your system with additional bulk food.*

The *Pro-Amino*™ multi-source protein blend contains precisely formulated quantities of Whey, Casein, and Egg proteins and hydrolysates to yield both an immediate surge of amino acids to stimulate muscle growth, as well as a slow release of amino acids to keep the body in an anabolic state and support muscle growth for several hours. The *New Tech*™ 2.0 *Pro-Carbo*™ complex carbohydrate blend contains an array of low-sugar, slow-digesting complex carbohydrates to fuel your workouts, replenish your glycogen stores, and give you the extra calories you need to gain muscular weight.

The original Muscular Weight Gain was introduced over 25 years ago and was revolutionary for a time when weight gainers were loaded with excess sugar, and were often only 25% protein. This third generation formulation represents over 25 years of product improvements and refinements, as well as the incorporation of the latest sciences and technology available for muscle gainer formulations, giving you a formulation which is both cutting edge and time tested.

The name (MUSCULAR WEIGHT GAIN™) implies our product is geared for only bodybuilders and athletes. Although it was formulated with the bodybuilder and athlete in mind, the concept was to make a product that anyone can use to gain weight in a natural and healthy manner. In combination with proper exercise, MWG³ is formulated to produce a quality weight gain of lean body mass (healthy muscle tissue) and not adipose weight (unhealthy fat tissue). Many other brands available are highly saturated with sugars, excessive starches, artificial flavors and sweeteners, salt, fats, and other "junk" and inexpensive ingredients to boost calorie content and improve taste. Be leery of these products as these ingredients will produce a definite weight gain, but one of fat tissue, which is not healthy and a burden on your entire system (especially your heart).

AMINO ACID PROFILE

Typical Analysis – mgs per 100 grams of protein

L-Alanine _____	3857mg	L-Lysine _____	8516mg
L-Arginine _____	3098mg	L-Methionine _____	2298mg
L-Aspartic Acid _____	8813mg	L-Phenylalanine _____	3756mg
L-Cysteine _____	1453mg	L-Proline _____	8396mg
L-Glutamic Acid _____	17982mg	L-Serine _____	5467mg
L-Glycine _____	2030mg	L-Threonine _____	5316mg
L-Histidine _____	2209mg	L-Tryptophan (naturally occurring) _	1486mg
L-Isoleucine _____	5794mg	L-Tyrosine _____	4015mg
L-Leucine _____	9612mg	L-Valine _____	5902mg

• 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.

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MUSCULAR WEIGHT GAIN^{v3.0}™

All Natural Muscle Gainer
Laboratory Tested and Assayed

**MIXES WITH
A SPOON**

EXTREME VANILLA
Naturally Flavored

**ABSOLUTELY
DELICIOUS**

Net Weight 2.5 lbs. (1135g)

INGREDIENTS:

Pro-Amino™ proprietary blend of immediate and extended release Anabolic Proteins, Peptides, and Amino Acids [Including: Highest Bioavailability Whey Protein Complex (containing Whey Protein Concentrate, Isolate, and Hydrolysate - each rich in Beta-Lactoglobulin, Alpha-Lactalbumin, Glycomacropeptides, Immunoglobulins, Serum Albumin, and Lactoferrin), Calcium Caseinate (containing Alpha, Beta, and Kappa Caseins), Egg White Protein, L-Glutamine], *New Tech*™ 2.0 complex *Pro-Carbo*™ Blend (Concentrated Glucose Polymers, Brown Rice Powder, Inulin, Ribose), Creatine Monohydrate, Natural Flavors, Stevia Herb Extract, Papain and Bromelain (Natural Plant-Derived Proteolytic Digestive Enzymes), Lactase, Soy Lecithin.

CONTAINS: MILK, EGG, and SOY. Whey and Casein are milk derivatives. Soy lecithin helps to naturally instantize the product.

SUGGESTED USE:

Mix 3 heaping scoops into water, low fat milk, or the beverage of your choice. Use one or two servings per day, depending on your caloric and protein needs. Consume between meals and/or after workouts. Mixing into milk will further increase the protein and caloric content, and make the shake thicker and creamier. Each serving may be split up into two separate 1/2 servings to better spread your protein intake throughout the day. Do not reduce your regular food intake. Hard-gainers may also want to use 1/2 or 1 serving before bedtime.

This product is formulated to be used by adults in combination with an intense training regimen, along with a proper and healthy diet. **KEEP OUT OF THE REACH OF CHILDREN.** As a reminder, it is always recommended to check with your physician before taking any dietary supplements or making a major change to your diet or exercise program, especially if you are pregnant, nursing, taking any medications, or have a medical condition. Discontinue use if you experience any adverse effects. This is a natural product and the appearance and taste may vary. Store in a cool and dry place, do not refrigerate. This bottle is filled (*and should be measured) by weight, not volume. Some settling of contents may occur during packaging, shipping, and handling. A scoop is included but may settle to the bottom.

Supplement Facts

Serving Size: 135g *Approx. 3 Heaping Scoops
Servings Per Container: About 8

Amount per serving:	
Calories 500	Calories from Fat 20
%Daily Value (DV)*	
Total Fat	2g 3%
Saturated Fat	0.5g 3%
Trans Fat	0g
Cholesterol	40mg 13%
Sodium (naturally occurring)	135mg 6%
Potassium	224mg 6%
Total Carbohydrate	60g 20%
Dietary Fiber	3.5g 14%
Sugars	6g
Protein	60g

Vitamin A	1%	•	Vitamin C	3%
Calcium	46%	•	Iron	14%
Riboflavin	2%	•	Biotin	1%
Phosphorus	12%	•	Magnesium	6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.



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HEALTHY 'N FIT® INTERNATIONAL, INC.
NEW YORK, USA DIST.

800-338-5200
info@behealthynfit.com
www.behealthynfit.com