New Whey Nutrition Smart Gainer™ is the perfect formula for hard gainers and those looking for a "Clean Bulk." **Smart Gainer** combines the ideal formula of carbohydrates and protein to maximize muscle growth, mass and rapid recovery. **Smart Gainer** provides vital extra aminos and 3 grams of creatine for increased size and strength. Each serving also has over 7 grams of glutamine to support muscle recovery. **Smart Gainer** is the incredible tasting fuel that will promote the gains on ANY frame.

MADE IN USA

SUGGESTED USE:

For best results, mix 2 heaping scoops of **Smart Gainer™** with 12 ounces of cold water or milk post-workout. Use as a supplement to a healthy diet to achieve desired muscle gain. May be taken anytime throughout the day to promote recovery and build mass. Use an additional half to full serving 1-4 times per day. Consult your physician before taking this or any dietary supplement.

*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.

DISTRIBUTED BY:
NEW WHEY

NEW WHEY NUTRITION
FLA USA

63g* PROTEIN PER SERVING | **28** SERVINGS PER CONTAINER | **840*** CALORIES PER SERVING

WORKOUT STAGE
PRE • DURING • **POST**

VANILLA CREAM

MADE IN THE USA

SMART GAINER™

ISOLATE BLEND

DIETARY SUPPLEMENT - NET WT. 10 LBS (4.536g)

Supplement Facts

Serving Size 2 Heaping Scoops (189g)
Servings Per Container: Approximately 28

Amount Per Serving	189g Smart Gainer	% DV†	189g Smart Gainer With 12 oz. Whole Milk	% DV†
Calories	820		840	
Calories from Fat	40		150	
Total Fat	4.5g	7%	16.5g	26%
Saturated Fat	2.5g	13%	10.5g	52%
Cholesterol	135mg	45%	180mg	60%
Total Carbohydrate	97g	32%	112g	37%
Sugars	38g		50g	
Protein	46g	88%	55g	110%
Vitamin A	2000IU	4%	6990IU	13%
Calcium	330mg	33%	730mg	73%
Iron	7.2mg	4%	7.2mg	4%
Sodium	240mg	10%	410mg	17%

† Percent Daily Values are based on a 2,000 calorie diet

‡ Dry Basis protein & protein nitrogen = 82g

Dry Basis protein & protein nitrogen with whole milk = 83g

Typical Amino Acid Profile Per Serving

Alanine	2160mg
Arginine	1356mg
Aspartate	3587mg
Cystine	1218mg
Glutamine	6808mg
Glycine	2667mg
Histidine	815mg
Isoleucine	2760mg
Leucine	4824mg
Lysine	3858mg
Methionine	1387mg
Phenylalanine	1552mg
Proline	2851mg
Serine	2200mg
Threonine	1883mg
Tryptophan	1027mg
Tyrosine	1318mg
Valine	2681mg

Ingredients: Whey protein concentrate, Maltodextrin, Fructose, Natural and artificial flavors, Creatine monohydrate, Glycine, Soy lecithin, Calcium silicate, Acesulfame potassium, Guar gum, Tricalcium phosphate, Whey protein isolate, Sunflower oil, Medium chain triglycerides, Modified corn starch, Corn syrup solids, Sodium caseinate, Mono and diglycerides, Dipotassium phosphate, Enzyme blend

Contains: Milk, Soy

Processed in a facility that also processed Milk, Soy, Egg, Wheat, Tree Nuts.

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