

Supplement Facts

Serving Size 228g (~5 Scoops) Servings Per Container 5

Amount Per Serving	%DV	Amount Per Serving	%DV	Amount Per Serving	%DV	
Calories	880	Phosphorus	377mg	95%	Choline Bitartrate	---
Calories from Fat	72	Magnesium	100mg	25%	L-Glutamine	---
Total Fat	8g 17%*	Zinc	7.5mg	50%	L-Carnitine	---
Saturated Fat	1g 5%*	Selenium	18.5mcg	15%	Gain Fast Specialized Amino Acid Complex	---
Trans Fat	0g	Potassium	730mg	21%	L-Glutamic Acid	---
Cholesterol	3mg 1%*				L-Leucine	---
Sodium	900mg 38%*	Anabolic Gaining Agents	3000mg		L-Aspartic Acid	---
Total Carbohydrate	165g 55%*	Arginine Alpha-Ketoglutarate (AAKG)	---		L-Lysine	---
Dietary Fiber	4g 16%*	Phytosterols (providing beta-sitosterol)	---		L-Threonine	---
Sugars	81g	Mulca Pluma (bark)	---		L-Isoleucine	---
Protein	37g 74%*	Kudzu Root Powder	---		L-Valine	---
Vitamin A	4793IU 95%	5-Methyl-7-Methoxysaffron	---		L-Proline	---
Vitamin C	60mg 100%	7-Isopropoxyxanthine	---		L-Alanine	---
Vitamin D	283IU 95%	Alpha-Lipoic Acid (ALA)	---		L-Serine	---
Vitamin E	30IU 100%	L-Glutamine HCl	---		L-Phenylalanine	---
Vitamin K	1.5mg 100%	Saw Palmetto (fruit)	---		L-Tyrosine	---
Riboflavin	2.64mg 100%	Metabolic Optimizers & Performance Factors	750mg		L-Cysteine	---
Niacin	78mg 95%	Kola Nut Powder (seed)	---		L-Arginine	---
Vitamin B6	1.9mg 95%	Mex Yucca (seed)	---		L-Methionine	---
Folic Acid	380mcg 95%	Beta-Alanine	---		L-Histidine	---
Vitamin B12	5.7mcg 95%	Bromelain	---		L-Glycine	---
Pantothenic Acid	18.7mg 107%	Captosporic & Epigenetics	900mg		L-Tryptophan	---
Calcium	1000mg 100%	Creative Monocyclate	---			

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

OTHER INGREDIENTS: PhytoGel Plus (Universal's High Performance Carbohydrate Complex consisting of high energy glucose polymers, maltodextrin (long-chain complex carbohydrate), 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), sweetener, natural and artificial flavors and cream and chocolate-flavor flavors, oil, lutein, monoacylglycerols, glycerol, potassium phosphate, vitamin chloride, phosphorus, disodium phosphate, potassium sulfate, vitamin malate (ascorbic acid), 6-alpha-tocopherol acetate, maca, 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 on equipment that processes milk, soy, egg, peanuts, tree nuts, fish, shellfish, and wheat.

DOSEAGE: 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 150g of protein, 300g of carbs and 80g of fat. For full recipe info, visit www.universalsupplements.com/GetBigQuick

NOTE: Do not use as your sole source of calories. Licensed under one or more of U.S. Pat. Nos. 5,985,596, 6,426,361 and 7,504,376, each of which is owned by Natural Alternatives International, Inc. (NAI). NAI is also the owner of the registered trademark CarnaSym®.



WARNING: This product is not for use by any individual under the age of 18. Please consult with a physician before using this product. Do not take this product if you have or are at risk for any medical condition or disease including but not limited to diabetes, asthma, depression, recent heart disease, stroke, or are suffering from any other condition. Do not take this product if you are pregnant, or are suffering from any other condition. Do not take this product if you are taking any other prescription drug, over-the-counter medication, or supplements. Not for use by children, patients, pregnant or nursing women. Immediately discontinue use and consult your physician if dizziness, sleeplessness, tremors, nervousness, agitation, headache, heart palpitations, or any side effects occur. Discontinue use two weeks prior to surgery. The use of this product may be banned by some athletic associations. Athletes should consult with their sanctioning authority before use. California Residents Proposition 65 Warning: This product contains a substance known to the State of California to cause birth defects or other reproductive harm. Exercise good judgment and keep this out of reach of children. Store this product in a cool, dry place, away from heat, moisture and sunlight. Do not exceed recommended dose.

*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.



MADE PROUDLY IN THE U.S.A.
Formulated, Tested & Manufactured By:
Universal Nutrition
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www.UniversalsUSA.com



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GAIN FAST 3100

COOKIES & CREAM

Dietary Supplement

Net Wt. 2.55 lb (1.16 kg)

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

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™ was our first weight gainer scientifically-engineered and formulated to help you attain solid gains of hard mass, without fat or wasted calories. 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. Gain Fast™ was also the first weight gainer to offer you a 3000 plus calorie potential. 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 believe it and proudly stand behind every product we manufacture. Our word is our bond.

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