

PRO PERFORMANCE® RESULTS

Numbers matter when you want to increase mass and muscle. This scientifically formulated gainer contains 1,340 nutrient-dense calories and 50 grams of high-quality protein to help you increase size and overall body strength.** Bulk 1340 also provides 10 grams of glutamine, an important amino acid for maintaining positive immune response and muscle function to support your wellness goals.*

Branched Chain Amino Acids are known to help reduce muscle breakdown. This formula includes 11 grams of BCAA for muscle recovery and growth, and creatine to help your muscles produce energy for exercise.**

PRO PERFORMANCE® QUALITY

Bulk 1340 is tested and certified Banned Substance Free. It tastes great and mixes easily with a simple shake or blend. Fast-absorbing to conveniently support maximum wellness.*

*When used in conjunction with an exercise program.

INFORMED-CHOICE

TRUSTED BY SPORT

Products bearing this logo have been tested for banned substances by LGC Science, Inc., a world-class anti-doping lab. *Product was tested for over 145 banned substances on the 2016 World Anti-Doping Agency (WADA) Prohibited List via LGC skip lot testing protocol #ICP0307. See gnc.com for more information.

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KEEP OUT OF REACH OF CHILDREN.
Store in a cool, dry place.

For More Information:
1-888-462-2548
SHOP NOW @ GNC.COM
Distributed by:
General Nutrition Corporation
Pittsburgh, PA 15222 USA

* 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.

GNC

PRO PERFORMANCE

50G
PROTEIN

1340
CALORIES

277G
CARBS

BULK 1340

High-Calorie Mass Gainer
Supports Muscle Energy,
Recovery & Growth**



DIETARY SUPPLEMENT
9 SERVINGS
Net Wt 7.14 lb (114.3 oz) 3240 g
STRAWBERRIES & CREAM
NATURAL & ARTIFICIAL FLAVORS



CODE 414684
DIRECTIONS: As a dietary supplement, mix two heaping scoops (360 g) with 24 fl. oz. of cold water or milk. Consume 1-2 servings per day. FRG

Supplement Facts

Serving Size	2 Heaping Scoops (360 g) in Water	2 Heaping Scoops (360 g) in Low Fat Milk
Servings Per Container	9	9
Amount Per Serving	% Daily Value	% Daily Value
Calories	1340	1710
Calories from Fat	30	160
Total Fat	3 g 5%†	18 g 28%†
Saturated Fat	2 g 10%†	11 g 55%†
Cholesterol	65 mg 22%	125 mg 42%
Total Carbohydrates	277 g 92%†	312 g 104%†
Fiber	3 g 12%	3 g 12%
Sugar	11 g*	46 g*
Protein	50 g	74 g
Vitamin A	5000 IU 100%	6390 IU 128%
Vitamin C	60 mg 100%	60 mg 100%
Vitamin D	200 IU 50%	555 IU 139%
Vitamin E	30 IU 100%	30 IU 100%
Thiamin	4.8 mg 320%	5.1 mg 337%
Riboflavin	4 mg 235%	5.3 mg 312%
Niacin	50 mg 250%	50.6 mg 253%
Vitamin B-6	5 mg 250%	5.3 mg 263%
Folic Acid	400 mcg 100%	435 mcg 109%
Vitamin B-12	10 mcg 167%	13.5 mcg 225%
Biotin	300 mcg 100%	300 mcg 100%
Pantothenic Acid	25 mg 250%	27.5 mg 275%
Calcium	800 mg 80%	1675 mg 168%
Iron	6 mg 33%	6 mg 33%
Phosphorus	630 mg 63%	1300 mg 130%
Iodine	150 mcg 100%	150 mcg 100%
Magnesium	140 mg 35%	220 mg 55%
Zinc (as Zinc Citrate)	15 mg 100%	18.5 mg 123%
Selenium	70 mcg 100%	88 mcg 126%
Copper	1 mg 50%	1 mg 52%
Manganese	2.5 mg 125%	2.6 mg 130%
Chromium	120 mcg 100%	120 mcg 100%
Molybdenum	75 mcg 100%	75 mcg 100%
Sodium	400 mg 17%	720 mg 30%
Potassium	300 mg 9%	1340 mg 38%
Anabolic Amino Maximizer		
Glutamine/Glutamic Acid (as Whey Protein Concentrate, Calcium Caseinate, Whey Protein Isolate, Milk Protein Isolate, Glutamine Peptides [Hydrolyzed Whey, L-Glutamine] and Egg Albumen)	10 g *	10 g *
Leucine (as Whey Protein Concentrate, Calcium Caseinate, Whey Protein Isolate, Milk Protein Isolate, L-Leucine and Egg Albumen)	6 g *	6 g *
Isoleucine (as Whey Protein Concentrate, Calcium Caseinate, Whey Protein Isolate, Milk Protein Isolate and Egg Albumen)	2.5 g *	2.5 g *
Valine (as Whey Protein Concentrate, Calcium Caseinate, Whey Protein Isolate, Milk Protein Isolate and Egg Albumen)	2.5 g *	2.5 g *

Amount Per Serving	% Daily Value	% Daily Value
Tyrosine (as Whey Protein Concentrate, Calcium Caseinate, Whey Protein Isolate, L-Tyrosine and Egg Albumen)	2 g *	2 g *
Arginine (as Whey Protein Concentrate, Calcium Caseinate, Whey Protein Isolate, Milk Protein Isolate and Egg Albumen)	1 g *	1 g *
Creatine (as Creatine Monohydrate)	1 g **	1 g *
Choline (as Choline Bitartrate)	250 mg *	250 mg *
Inositol	250 mg *	250 mg *
PABA (as Para-aminobenzoic Acid)	5 mg *	5 mg *

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

OTHER INGREDIENTS: Maltodextrin, Protein Blend (Whey Protein Concentrate, Calcium Caseinate, Whey Protein Isolate, Milk Protein Isolate, Egg Albumen), Natural and Artificial Flavors, Vitamin and Mineral Blend (Calcium Phosphate, Potassium Phosphate, Magnesium Aspartate, Ascorbic Acid, Niacinamide, d-Alpha Tocopheryl Acetate, Biotin, Zinc Citrate, d-Calcium Pantothenate, Natural Beta Carotene, L-Selenomethionine, Ferrous Fumarate, Chromium Amino Acid Chelate, Manganese Sulfate, Thiamin Mononitrate, Pyridoxine HCL, Folic Acid, Molybdenum Amino Acid Chelate, Riboflavin, Potassium Iodide, Cholecalciferol, Copper Oxide, Cyanocobalamin), Medium Chain Triglycerides, Gum Blend (Cellulose Gum, Xanthan Gum, Carrageenan), Malic Acid, TRAACS® Magnesium Bisglycinate, Sucralose, Salt, Acesulfame Potassium, FC&C Red #40.

CONTAINS: Egg, Milk and Soybeans.
WARNING: Consult your physician prior to using this product if you are pregnant, nursing, taking medication, under 18 years of age or have a medical condition. Discontinue use two weeks prior to surgery.
Manufactured on equipment that processes products containing soybeans (lecithin), milk, peanut flavor, wheat, shellfish, tree nuts, fish oil and eggs.
NOTICE: Significant product settling may occur.
TRAACS® is a registered trademark of Albion Laboratories, Inc.
Gluten Free.



WAYS TO ENJOY YOUR BULK 1340

1 SHAKE

Combine with cold water, milk or your favorite beverage in a shaker cup

2 BLEND

Make a delicious smoothie adding fruits, juices, peanut butter or yogurt