

Naturade

# WEIGHT GAIN

ONE SERVING

GLUTEN FREE

TASTES DELICIOUS

Naturally  
Flavored & Sweetened

NOT A LOW CALORIE FOOD

THE NATURALLY FLAVORED GAINER

ADDS OVER  
**1600**  
CALORIES

when mixed with  
whole milk twice daily

**CHOCOLATE**



NET WT 1.7oz (48g)

## NATURADE WEIGHT GAIN The Naturally Flavored Gainer

Naturade Weight Gain with No Sugar Added is a naturally flavored, nutrient dense food formulated to help you magnify calorie intake and gain weight fast. It provides balanced nutrition and is a food, not a dietary supplement, and does not contain any stimulants or steroids.

Naturade Weight Gain enhances your body's utilization of nutrients for optimal calorie absorption with 3 natural enzymes –Papain, Bromelain, and Pancreatin. You can add over 1600 calories daily in a fast, safe way to supplement your balanced meal plan. It's important that you do not reduce your regular food intake.

**MIXING INSTRUCTIONS:** Stir or blend 1 packet in 1 cup of liquid or 2 packets in 2½ cups of whole milk.

**Suggested use:** In addition to balanced daily nutrition, you have the option of blending 1 packet in 1 cup of water, or to maximize calories, 2 packets in 2½ cups of whole milk. Drink before noon, preferably before a workout, and have a second shake about 1 hour before you go to bed. If you're limiting fat intake, Naturade Weight Gain tastes great in water. For more calories, make delicious smoothies with yogurt and/or fruit.

**Caution:** As with any dietary supplement, consult your healthcare practitioner before using this product, especially if you are pregnant, nursing, anticipate surgery, take medication on a regular basis or are otherwise under medical supervision.

### TYPICAL AMINO ACIDS PER 48 GRAM SERVING (1 PACKET) (before adding whole milk) (In milligrams)

Alanine	336	Lysine*	615
Arginine	456	Methionine*	155
Aspartic Acid	879	Phenylalanine*	371
Cystine	177	Proline	598
Glutamic Acid	1661	Serine	452
Glycine	248	Threonine*	383
Histidine*	234	Tryptophan*	143
Isoleucine*Δ	409	Tyrosine	335
Leucine*Δ	790	Valine*Δ	461

\*Essential Amino Acids Δ Branched-Chain Amino Acids

### NATURADE QUALITY AND PURITY ASSURED SINCE 1926

Each packet is sealed to keep product fresh and safe. Do not use if packet is torn or broken. This product is sold by weight not by volume. Contents may settle during shipping and handling. Store in a cool, dry place.



NO ASPARTAME, NO ADDED SUGAR; NO ARTIFICIAL SWEETENERS, FLAVORS OR COLORS, NO PRESERVATIVES, NO MSG.



## Nutrition Facts

Serving Size: 1 packet (48g) makes 1 cup prepared  
Servings Per Container: 1

Amount Per Serving	1 packet in 1 cup water	2 packets in 2½ cups whole milk
<b>Calories</b>	219	810
Calories from Fat	95	370
<b>% Daily Value**</b>		
<b>Total Fat</b> 11g*	<b>16%</b>	<b>63%</b>
Saturated Fat 1g	<b>7%</b>	<b>70%</b>
Trans Fat 0g		
<b>Cholesterol</b> 11mg	<b>4%</b>	<b>27%</b>
<b>Sodium</b> 291mg	<b>12%</b>	<b>35%</b>
<b>Potassium</b> 625mg	<b>20%</b>	<b>60%</b>
<b>Total Carbohydrate</b> 21g	<b>7%</b>	<b>24%</b>
Dietary Fiber 1g	<b>5%</b>	<b>9%</b>
Sugars 16g		
<b>Protein</b> 10g	<b>20%</b>	<b>78%</b>
Vitamin A	0%	20%
Vitamin C	0%	2%
Calcium	20%	110%
Iron	6%	15%

\* Amount in 1 packet, 1 additional packet powder and 20 fl oz whole milk adds 585 Calories, 29g Total Fat, 13g Sat. Fat, 65 mg Cholest., 56g Total Carb. (46g Sugars), and 30g Protein

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

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Protein		50g	65g

Calories per gram  
Fat 9 • Carbohydrate 4 • Protein 4

**INGREDIENTS:** Whey, Sunflower Oil Powder (High Oleic Sunflower Oil, Buttermilk, Disodium Phosphate, Silicon Dioxide, Natural Flavor), Soy Protein Isolate, Sunflower Oil High Oleic, Maltodextrin, Cocoa, Natural Flavors, Milk Protein Concentrate, Soy Lecithin, Calcium Caseinate, Pea Protein Isolate, Sea Salt, Dipotassium Phosphate, Guar Gum, Stevia Leaf Extract, Egg White, Whey Protein Hydrolysate, Xanthan Gum, Apple Fiber, Flaxseed, Acacia Gum, Papain, Bromelain, Pancrelipase.

**CONTAINS: Soy, Milk, Egg.**  
Distributed by Naturade a division of Prevention, LLC  
Irvine, CA 92614 1-800-421-1830

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Learn more about Naturade products at [www.naturade.com](http://www.naturade.com)

