

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

VANILLA



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	337	Lysine*	632
Arginine	449	Methionine*	161
Aspartic Acid	878	Phenylalanine*	377
Cystine	172	Proline	619
Glutamic Acid	1697	Serine	461
Glycine	245	Threonine*	390
Histidine*	236	Tryptophan*	142
Isoleucine*Δ	417	Tyrosine	343
Leucine*Δ	805	Valine*Δ	472
*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.



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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
Calories	216	804
Calories from Fat	86	351
% Daily Value**		
Total Fat 10g*	15%	60%
Saturated Fat 1g	6%	70%
Trans Fat 0g		
Cholesterol 14mg	5%	29%
Sodium 257mg	10%	30%
Potassium 549mg	15%	55%
Total Carbohydrate 22g	7%	25%
Dietary Fiber 0g	2%	3%
Sugars 17g		
Protein 10g	20%	78%
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), Maltodextrin, Soy Protein Isolate, Natural Flavors, Milk Protein Concentrate, Soy Lecithin, Calcium Caseinate, Pea Protein Isolate, Dipotassium Phosphate, Guar Gum, Whey Protein Hydrolysate, Egg White, Xanthan Gum, Apple Fiber, Flaxseed, Acacia Gum, Papain, Bromelain, Pancrelipase, Stevia Leaf Extract.

CONTAINS: Soy, Milk, Egg.

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■ Made in U.S.A. with domestic and imported ingredients.
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Learn more about Naturade products at www.naturade.com

