

# GAINER

COR-PERFORMANCE® GAINER

**60g**

PROTEIN

**5g**

CREATINE MONOHYDRATE

**80g**

CARBOHYDRATES

**700**

CALORIES

**+ DIGESTIVE  
ENZYMES**

PER 2 SCOOPS

**HIGH QUALITY  
PROTEIN MASS GAINER  
ADDED BCAAS & CREATINE**

INCREASES STRENGTH\* · SUPPORTS MUSCLE GROWTH\* · INCREASES MUSCLE MASS\*



**COR-PERFORMANCE®  
SERIES**

**STRAWBERRY**  
NATURALLY & ARTIFICIALLY FLAVORED

DIETARY SUPPLEMENT  
NET WT. 4872g (10.74 lbs)

**56  
SERVINGS**

# GAINER

COR-PERFORMANCE® GAINER

The COR-Performance® Gainer is for active individuals who want to increase their muscle mass. Each scoop of COR-Performance® Gainer provides high quality protein and carbohydrates to complement a well-rounded diet. For training, COR-Performance® Gainer provides creatine and instantized BCAAs to support strength gains, promote muscle protein synthesis and recovery. For best results, take the COR-Performance® Gainer in the morning, in-between meals, post-workout, and/or right before bed. Vary the serving size based on your fitness goals, workout intensity and frequency.

## SUGGESTED USE:

USE ONLY AS DIRECTED. Take one serving (1 scoop) of COR-Performance® Gainer mixed with 6 – 10 fl. oz. of cold water or other beverage of choice one to two times daily. DO NOT EXCEED 4 SCOOPS PER DAY. Use table below to find customized serving to best fit your goal and desired results.

| Serving      | Goal                   | Desired Results                                 |       |               |         |
|--------------|------------------------|-------------------------------------------------|-------|---------------|---------|
| 1-2 Scoops   | Lean Muscle Support*   | Maintain Lean Muscle & Support Muscle Recovery* |       |               |         |
| 3-4 Scoops   | Maximize Mass Gains*   | Build Muscle Mass & Support Muscle Recovery*    |       |               |         |
| Serving Size | Servings Per Container | Calories†                                       | Fats† | Carbohydrates | Protein |
| One Scoop    | 56                     | 350                                             | 6g    | 40g           | 30g     |
| Two Scoops   | 28                     | 700                                             | 11g   | 80g           | 60g     |
| Three Scoops | 18                     | 1040                                            | 17g   | 120g          | 90g     |
| Four Scoops  | 14                     | 1390                                            | 23g   | 160g          | 120g    |

\*Variances in macronutrient quantities stated from one to four scoops is due to FDA regulations associated to rounding rules.

## WARNING:

THIS PRODUCT IS ONLY INTENDED TO BE CONSUMED BY HEALTHY ADULTS, 18 YEARS OF AGE OR OLDER. Do not use this product if you are pregnant or nursing. Before using this product, consult a licensed, qualified, health care professional, including but not limited to, if you are taking any prescription drug or over-the-counter medication, or have any existing medical condition. Immediately discontinue use and contact a medical doctor if you experience any adverse reaction to this product. Discontinue use 2 weeks prior to surgery. Do not use if safety seal is broken or missing. Store in a cool, dry place. KEEP OUT OF REACH OF CHILDREN. Settling may occur.

## Supplement Facts

Serving Size: 1 scoop (87g)  
Servings per container: 56

|                    | Amount Per Serving | % Daily Value |
|--------------------|--------------------|---------------|
| Calories           | 350                |               |
| Calories from Fat  | 50                 |               |
| Total Fat          | 6g                 | 9%**          |
| Saturated Fat      | 4.5g               | 23%**         |
| Cholesterol        | 90mg               | 30%           |
| Total Carbohydrate | 40g                | 13%**         |
| Sugars             | 5g                 | †             |
| Protein            | 30g                | 60%**         |
| Calcium            | 235mg              | 24%           |
| Sodium             | 160mg              | 7%            |

Gainer Proprietary Blend 3.75g †  
Creatine Monohydrate, Instantized Branched Chain Amino Acid Blend (L-Leucine, L-Isoleucine, L-Valine)

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

Other Ingredients: Protein Blend (Whey Protein Concentrate, Whey Protein Isolate, Milk Protein Isolate, Micellar Casein, Egg White Albumin, Whey Protein Hydrolysate), Maltodextrin, Medium Chain Triglycerides, Natural & Artificial Flavors, Sweet Potato Powder, Cellulose Gum, Red Beet Powder (for color), Citric Acid, Protease, Soy or Sunflower Lecithin, Acesulfame Potassium, Sucralose.

**ALLERGEN WARNING: Contains Egg, Milk and Soy. GLUTEN-FREE**

Made in the U.S.A. using U.S. and Imported Ingredients and Components.

\*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.

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