

DIRECTIONS:

SHAKER CUP: For intense workout recovery, add 1 scoop, filled to the top fill line, of Gold Standard Gainer to a shaker cup filled with 10 fl oz of water and shake for 30 seconds. For gaining weight, add 2 scoops of Gold Standard Gainer to a shaker cup filled with 20 fl oz of water and shake for 30 seconds.

SPOON STIRRED: Gold Standard Gainer is instantized. That means if you forgot your shaker cup or don't have time to get out the blender, just add one scoop of Gold Standard Gainer to a glass filled with 10 fl oz of water or your favorite beverage. Then mix it up with a spoon. Stir for about 30 seconds or until powder is completely dissolved.

BETWEEN MEALS: Mix up 1 scoop of Gold Standard Gainer between meals to help support a high calorie diet. **POST WORKOUT:** Mix 1-2 scoops of Gold Standard Gainer in 10 – 20 fl oz of milk or water 30-45 minutes following exercise to support maximum recovery. **BEFORE BED:** Mix up 1 scoop of Gold Standard Gainer about 45-60 minutes before bed to help muscles recover while you sleep.

SUGGESTED USE: For healthy adults, consume enough protein to meet your daily protein requirements with a combination of high protein foods and protein supplements throughout the day as part of a balanced diet and exercise program.

**STORE IN A COOL, DRY PLACE.
CONTENTS SOLD BY WEIGHT NOT VOLUME.**

Carb10® is a trademark of Compound Solutions, Inc.

Nutrition Facts

Serving Size 2 Scoops (203g)
Servings Per Container 11

Amount Per Serving	2 Scoops	1 Scoop
Calories	760	380
Calories from Fat	90	45
% Daily Value**		
Total Fat 10g*	15%	8%
Saturated Fat 6g	30%	15%
Trans Fat 0g		
Cholesterol 70mg	23%	12%
Sodium 480mg	20%	10%
Potassium 1200mg	34%	17%
Total Carbohydrate 112g	37%	19%
Dietary Fiber 8g	32%	16%
Sugars 12g		
Protein 55g	110%	55%
Vitamin A	0%	0%
Vitamin C	0%	0%
Calcium	50%	25%
Iron	40%	20%

* Amount in 2 Scoops.

** 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
Sat. 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

INGREDIENTS: Protein Blend (Whey Protein Isolate, Whey Protein Concentrate, Milk Protein Isolate, Hydrolyzed Whey Protein Isolate), Carbohydrate Blend (Oat Flour, Pea Starch [Carb10®], Potato Starch), Maltodextrin, Cocoa (Processed with Alkali), Medium Chain Triglycerides, Natural and Artificial Flavor, Lecithin, Flaxseed Protein, Salt, Milled Chia Seed, Gum Arabic, Gum Blend (Cellulose Gum, Xanthan Gum, Carrageenan), Sucralose.

CONTAINS: MILK AND SOY. MAY CONTAIN WHEAT.

MANUFACTURED BY 
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