

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.



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.



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

For More Information:
1-888-462-2548

WWW.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 (114.24 oz) 3240 g



DOUBLE CHOCOLATE

NATURAL & ARTIFICIAL FLAVORS



CODE 414679

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.

GRG

Supplement Facts

Serving Size	2 Heaping Scoops (360 g) in Water	2 Heaping Scoops (360 g) in 2% Milk		
Servings Per Container	g	g		
Amount Per Serving	% Daily Value	% Daily Value		
Calories	1340	1710		
Calories from Fat	30	160		
Total Fat	3.5 g	18 g	5%†	28%†
Saturated Fat	2 g	11 g	10%†	55%†
Cholesterol	65 mg	125 mg	22%	42%
Total Carbohydrates	277 g	312 g	92%†	104%†
Fiber	2 g	2 g	8%†	8%†
Sugar	11 g	46 g		
Protein	50 g	74 g		
Vitamin A	5000 IU	6390 IU	100%	128%
Vitamin C	60 mg	60 mg	100%	100%
Vitamin D	200 IU	555 IU	50%	139%
Vitamin E	30 IU	30 IU	100%	100%
Thiamin	4.8 mg	5.1 mg	320%	340%
Riboflavin	4 mg	5.3 mg	235%	312%
Niacin	50 mg	50.6 mg	250%	253%
Vitamin B-6	5 mg	5.3 mg	250%	265%
Folic Acid	400 mcg	435 mcg	100%	109%
Vitamin B-12	10 mcg	13.5 mcg	167%	225%
Biotin	300 mcg	300 mcg	100%	100%
Pantothenic Acid	25 mg	27.5 mg	250%	275%
Calcium	730 mg	1605 mg	73%	161%
Iron	9 mg	9 mg	50%	50%
Phosphorus	690 mg	1360 mg	69%	136%
Iodine	150 mcg	150 mcg	100%	100%
Magnesium	220 mg	300 mg	55%	75%
Zinc (as Zinc Citrate)	15 mg	18.5 mg	100%	123%
Selenium	70 mcg	88 mcg	100%	126%
Copper	1.5 mg	1.5 mg	75%	75%
Manganese	2.5 mg	2.6 mg	125%	130%
Chromium	200 mcg	200 mcg	167%	167%
Molybdenum	75 mcg	75 mcg	100%	100%
Sodium	330 mg	680 mg	14%	28%
Potassium	1210 mg	2240 mg	35%	64%
Anabolic Amino Maximizer				
Glutamine & Glutamic Acid (as Whey Protein Concentrate, Calcium Caseinate, Whey Protein Isolate, Milk Protein Isolate, Glutamine Peptides [Hydrolyzed Whey, L-Glutamine], Egg Albumen)	10 g	15 g		
Leucine (as Whey Protein Concentrate, Calcium Caseinate, Whey Protein Isolate, Milk Protein Isolate, L-Leucine, Egg Albumen)	6 g	8.5 g		
Isoleucine (as Whey Protein Concentrate, Calcium Caseinate, Whey Protein Isolate, Milk Protein Isolate, Egg Albumen)	2.5 g	4 g		
Valine (as Whey Protein Concentrate, Calcium Caseinate, Whey Protein Isolate, Milk Protein Isolate, Egg Albumen)	2.5 g	4 g		

Amount Per Serving	% Daily Value	% Daily Value
Tyrosine (as Whey Protein Concentrate, Calcium Caseinate, Whey Protein Isolate, L-Tyrosine, Egg Albumen)	2 g	3 g
Arginine (as Whey Protein Concentrate, Calcium Caseinate, Whey Protein Isolate, Milk Protein Isolate, Egg Albumen)	1 g	1.5 g
Creatine (as Creatine Monohydrate)	1 g	1 g
Choline (as Choline Bitartrate)	250 mg	360 mg
Inositol	250 mg	250 m
PABA (as Para-Amino Benzoic 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), Cocoa (Processed with Alkali), 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), Guar Gum, TRAACS® Magnesium Bisglycinate Chelate, Sucralose, Acesulfame Potassium.

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 International, Inc.

Gluten Free.

GLUTEN FREE

WAYS TO ENJOY YOUR BULK 1340

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

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