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	340	6g	40g	30g
Two Scoops	28	670	12g	80g	60g
Three Scoops	18	1010	18g	120g	90g
Four Scoops	14	1350	24g	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.

103219

8 10390 02686 9

Supplement Facts

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

	Amount Per Serving	% Daily Value
Calories	340	
Calories from Fat	50	
Total Fat	6g	9%**
Saturated Fat	4.5g	23%**
Cholesterol	85mg	28%
Total Carbohydrate	40g	13%**
Dietary Fiber	2g	8%**
Sugars	4g	†
Protein	30g	60%**
Calcium	235mg	24%
Iron	2mg	11%
Sodium	190mg	8%
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, Cocoa (Processed with Alkali), Medium Chain Triglycerides, Natural & Artificial Flavors, Sweet Potato Powder, Cellulose Gum, 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.

Cellucor® and COR-Performance® are trademarks of and distributed by:

nutrabolt®

Nutrabolt®
3891 S. Traditions Dr.
Bryan, TX 77807
1.866.827.9686
www.cellucor.com

FOLLOW @CELLUCOR FOR GIVEAWAYS AND UPDATES

CELLUCOR®

GAINER

COR-PERFORMANCE® GAINER

DIETARY SUPPLEMENT
NET WT. 4872g (10.74 lbs)

CHOCOLATE
NATURALLY & ARTIFICIALLY FLAVORED

56 SERVINGS

INCREASES STRENGTH* . SUPPORTS MUSCLE GROWTH* . INCREASES MUSCLE MASS*

HIGH QUALITY PROTEIN MASS GAINER
ADDED BCAAS & CREATINE

COR-PERFORMANCE® SERIES

PER 2 SCOOPS

PROTEIN	CREATINE MONOHYDRATE	CARBOHYDRATES	CALORIES	+ DIGESTIVE ENZYMES
60g	5g	80g	680	

INFORMED CHOICE
WWW.INFORMED-CHOICE.AERO

GMP CERTIFIED
MANUFACTURING FACILITY