

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 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 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.

Carb 10® is a trademark of Compound Solutions, Inc.

Nutrition Facts

Serving Size 2 Scoops (200g)
Servings Per Container 23

Amount Per Serving	2 Scoops	1 Scoop
Calories	770	390
Calories from Fat	110	50

% Daily Value**

Total Fat 12g*	18%	9%
Saturated Fat 6g	30%	15%
Trans Fat 0g		

Cholesterol 70mg	23%	12%
Sodium 620mg	26%	13%
Potassium 600mg	17%	9%

Total Carbohydrate 111g	37%	19%
Dietary Fiber 4g	16%	8%
Sugars 11g		

Protein 55g	110%	55%
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Vitamin A	0%	0%
Vitamin C	0%	0%
Calcium	50%	25%
Iron	10%	4%

* 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, Medium Chain Triglycerides, Creamer (Sunflower Oil, Corn Syrup Solids, Sodium Caseinate, Mono & Diglycerides, Dipotassium Phosphate, Tricalcium Phosphate, Soy Lecithin, Tocopherols), Cookie Crumbs (Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Sugar, Palm and Palm Kernel Oil Blend, Cocoa (Processed with Alkali), High Fructose Corn Syrup, Corn Flour, Salt, Dextrose, Sodium Bicarbonate, Soy Lecithin), Natural and Artificial Flavor, Lecithin, Flaxseed Protein, Salt, Milled Chia Seed, Gum Blend (Cellulose Gum, Xanthan Gum, Carrageenan), Gum Arabic, Cocoa (Processed with Alkali), Sucralose.

CONTAINS: MILK, SOY, AND WHEAT.

MANUFACTURED BY
OPTIMUM NUTRITION, INC.

3500 Lacey Road, Suite 1200
Downers Grove, IL 60515
1 (800) 705-5226 TRUESTRENGTH.COM

SERVING SCOOP INCLUDES AIRWAY SETTLE TO THE BOTTOM BEFORE SERVING

MANUFACTURED IN THE USA
of the Protein Blend and the ingredients
of the Carbohydrate Blend

TRUE STRENGTH®
WWW.OPTIMUMNUTRITION.COM



AWARDED
CHOICE
2016
Trusted by SPORT

IMPACT-CHOICE is a quality assurance program for sport nutrition products. Products in this program that bear the IMPACT-CHOICE logo have been tested for banned substances by the independent sports and doping lab, IBC Limited.



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FOOD	CALORIES
1 OUNCE ALMONDS	164
1 MEDIUM BANANA	105
1 CUP BLUEBERRIES	84
1 CUP BREWED COFFEE	2
1 CUP ORANGES	85

BOOST
MAGNESIUM
POTASSIUM
VITAMIN C & K
95 MG CAFFEINE
VITAMIN C & FIBER



MUSCLE
BUILDER



WEIGHT
GAIN



RECOVERY

BOOST YOUR GAINER SHAKE'S POTENTIAL
BY ADDING ONE OR MORE OF THESE FOODS TO YOUR SHAKE

PROUD MEMBER OF THE GOLD STANDARD FAMILY

Size is an advantage in many sports, but some athletes have a hard time gaining weight. You can only eat so much food, so we formulated Gold Standard Gainer with quality calories in a 2:1 ratio of carbohydrates to primarily isolate proteins. With good fats from flaxseed and chia seed, each serving weighs in at 770 calories to help you grow bigger and stronger when taken in conjunction with a well-planned diet and exercise program. Gold Standard Gainer raises the bar for weight gain performance.



COOKIES & CREAM
Neutrally and Artificially Flavored

GOLD STANDARD
GAINER

PROTEIN AND CARB RECOVERY FORMULA

55g | 770 | 111g
PROTEIN*
CALORIES*
CARBS*
FROM QUALITY
INGREDIENTS
WITH OAT, PEA
& POTATO
PRIMARY FROM
ISOLATE SOURCES

*Per 2 Scoop
Serving
See Nutrition Panel for
Nutrient and Calorie
and Sodium Content

BANNED
SUBSTANCE
TESTED

EASY
MIXABILITY

12g FAT* WITH:
FLAX, CHIA & MCT'S

NET WT 10.14 LB (4.6 KG) PROTEIN POWDER DRINK MIX