DIRECTIONS:

Add about 1 heaping scoop of PRO GAINER™ to 16 fluid ounces of cold water or milk in a shaker cup. Close tightly and shake until thoroughly mixed. TIP: By using an electric blender, you can stack this size supporting formula with fresh/frozen fruits, peanut butter, nuts, seeds and other nutrient-dense options. For best results, use in conjunction with a healthy, balanced diet and well-structured exercise program.

SUGGESTED USE: For healthy adults, consume enough energy from a combination of high quality foods and supplements throughout the day as part of a balanced diet and exercise program.

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CONTENTS SOLD BY WEIGHT, NOT VOLUME

STORE IN COOL DRY PLACE

Nutrition Facts

28 servings per container

Serving size	**About 1 heaping scoop (165g)**
Amount per serving	
Calories	**650**
	% Daily Value*
Total Fat 8g	**10%**
Saturated Fat 3.5g	**18%**
Trans Fat 0g	
Cholesterol 80mg	**27%**
Sodium 400mg	**17%**
Total Carbohydrate 85g	**31%**
Dietary Fiber 5g	**18%**
Total Sugars 6g	
Includes 1g Added Sugars	**2%**
Protein 60g	**120%**
Vitamin D 0mcg	0%
Calcium 540mg	40%
Iron 4.8mg	25%
Potassium 350mg	8%
Vitamin A 290mcg	30%
Vitamin C 23mg	25%
Vitamin E 5.3mg	35%
Thiamin 0.3mg	25%
Riboflavin 0.4mg	30%
Niacin 4.2mg	25%
Vitamin B_6 0.4mg	25%
Folate 130mcg DFE	35%
Vitamin B_{12} 1.1mcg	45%
Biotin 58mcg	190%
Pantothenic Acid 2mg	40%
Phosphorus 330mg	25%
Iodine 29mcg	20%
Magnesium 125mg	30%
Zinc 2.9mg	25%
Selenium 12mcg	20%
Copper 0.4mg	45%
Manganese 0.8mg	35%
Chromium 37mcg	110%
Molybdenum 20mcg	45%
Chloride 180mg	8%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: MALTODEXTRIN, PROTEIN BLEND (WHEY PROTEIN ISOLATE, WHEY PROTEIN CONCENTRATE, CALCIUM CASEINATE, EGG WHITES, WHEY PEPTIDES, WHEAT GLUTAMINE PEPTIDES), LIPID BLEND (MEDIUM CHAIN TRIGLYCERIDES, HIGH OLEIC SUNFLOWER OIL), PARTIALLY HYDROLYZED GUAR GUM, NATURAL AND ARTIFICIAL FLAVOR, LECITHIN, VITAMIN AND MINERAL BLEND (DIMAGNESIUM PHOSPHATE, CALCIUM CARBONATE, TRICALCIUM PHOSPHATE, MALTODEXTRIN, ASCORBIC ACID, FERRIC ORTHOPHOSPHATE, MOLYBDENUM AMINO ACID CHELATE, D-ALPHA TOCOPHERYL ACETATE, BORON AMINO ACID CHELATE, NIACINAMIDE, ZINC OXIDE, MANGANESE SULFATE, D-CALCIUM PANTOTHENATE, SELENOMETHIONINE, PYRIDOXINE HYDROCHLORIDE, VITAMIN A PALMITATE, CUPRIC OXIDE, CHROMIUM POLYNICOTINATE, RIBOFLAVIN, BETA CAROTENE, FOLIC ACID, BIOTIN, POTASSIUM IODIDE, CYANOCOBALAMIN), MALIC ACID, SALT, COLOR (RED 40 LAKE, TITANIUM DIOXIDE, RED 40), CARBOGEN® ENZYME BLEND (MALTODEXTRIN, AMYLASE, CELLULASE, HEMICELLULASE), AMINOGEN® PROTEASE, SUCRALOSE, ACESULFAME POTASSIUM, LACTASE.

CONTAINS: MILK, EGG, SOY, AND WHEAT.

MANUFACTURED BY OPTIMUM NUTRITION, INC.

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