

POWERFUL NEW FORMULA

www.physiquenutrition.net

40 SERVINGS

PN

**NEW**

# THERMO GAINDER

- ▶ Builds lean muscle<sup>†</sup>
- ▶ Replaces muscle glycogen from workouts<sup>†</sup>
- ▶ Provides essential fats for energy<sup>†</sup>
- ▶ Provides metabolic boosting and fat burning MCTs<sup>†</sup>

**710**

CALORIES

DIETARY SUPPLEMENT  
NET WT 16 lb (7.25 kgv)



**VANILLA**

# POWERFUL NEW FORMULA



## POWERFUL NEW FORMULA

Physique Nutrition's Thermo Gainer is a unique weight gain muscle building shake. Building muscle takes lots of lean protein, good fats and plenty of metabolic energy. Physique Nutrition's Thermo Gainer is designed to provide all these nutrients in adequate amounts so that athletes can easily build muscle and have the energy they need to create intense workouts. †

Additionally, Physique Nutrition has added medium chain triglycerides (MCT's) into our weight gainer formula. MCT's add a new component to building muscle by helping to speed up your metabolism with a unique fat that has a difficult time converting to fat and is converted to ketones right away for fast releasing energy. It is burned quickly each time you ingest it and encourages fat loss and a metabolic boost. The faster your metabolism can run without adding body fat in the process, the more muscle tissue you have the potential to add, as long as you can put in the high quality calories that will fuel your body, repair tissue, and keep your metabolism on fire and running fast. Thermo Gainer helps to do this. †

Thermo Gainer is a great way to add high quality calories rich in complete proteins, good fats and muscle volumizing carbohydrates. To get big, you have to have high quality nutrients and plenty of them. Thermo Gainer is a great way to supplement lots of these nutrients that will always add value to your muscle building goals. †

**WARNINGS:** Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

Not intended for use by persons under 18. Do not use if pregnant or nursing. Consult a health care provider before use if any medical conditions, or if you are using any prescription or over the counter medications. Consult a health care provider before starting any diet or exercise program. Do not exceed recommended serving. Improper use of this product will not improve results and is not advised. Use only as directed. Do not use if safety seal on this package has been broken. Store in a cool, dry place, keep out of reach of children.

† 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.

PN's manufacturer's production facility is NSF cGMP Certified

Manufactured For:  
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**PHYSIQUENUTRITION.NET**

Typical Amino Acid Profile	Amount Per Serving	% Daily Value
Alanine	2357 mg	**
Arginine	1411 mg	**
Aspartic Acid	5452 mg	**
Cystine	1254 mg	**
Glutamic Acid	8878 mg	**
Glycine	954 mg	**
Histidine	839 mg	**
Isoleucine	3120 mg	**
Leucine	5219 mg	**
Lysine	4843 mg	**
Methionine	1193 mg	**
Phenylalanine	1601 mg	**
Proline	3041 mg	**
Serine	2711 mg	**
Threonine	3784 mg	**
Tryptophan	857 mg	**
Tyrosine	1519 mg	**
Valine	2944 mg	**

\* Percent Daily Values are based on a 2,000 calorie diet.  
\*\* Daily Value not established

### DIRECTIONS FOR USE

Fill a shaker cup with 16-20 oz (475-590 ml) of cold water. Add three scoops into the shaker cup. Swirl contents in shaker 3 times to stir them in before shaking vigorously for 15 seconds.

For men take 1-3 servings after weight training (1 serving per 100 lbs of lean body weight). For women, take 1-2 servings after weight training (½ serving per 60 lbs of lean body weight).

KEEP OUT OF REACH OF CHILDREN. Store at 15°-30° C (59°-86° F). Protect from heat, light and moisture. Do not purchase if seal is broken.

## Supplement Facts

Serving Size : 180g (3 Scoops)  
Serving Per Container : About 40

	Amount per serving	% Daily Value
Calories	710	
Total Fat	9 g	12%*
Saturated Fat	8 g	40%*
Cholesterol	105 mg	35%
Total Carbohydrate	107 g	39%*
Total Sugars	27 g	**
Includes 1g Added Sugars		2%
Protein	51 g	
Calcium	439 mg	34%
Sodium	430 mg	19%
Potassium	918 mg	20%

\* Percent Daily Values are based on a 2,000 calorie diet.  
\*\* Daily Value not established

**INGREDIENTS:** Maltodextrin, Dairy Protein Blend (Whey Protein Concentrate, Micellar Casein, Whey Protein Isolate), Creamer (Hydrogenated Coconut Oil, Corn Syrup solids, Sodium Caseinate (a milk derivative), Mono and Diglycerides, Dipotassium Phosphate, Sodium Silicoaluminate, Soy Lecithin), Natural Flavors, Fructose, Soluble Corn Fiber (Fibersol-2), Flax Seed Oil Powder, Highly Branched Cyclic Dextrin (Cluster Dextrin), Medium Chain Triglycerides (from Coconut), Xanthan Gum, Salt, Sucralose, Soy Lecithin.

**ALLERGEN WARNING:** Contains ingredients from milk, coconut, and soy. Made in a facility that also processes sesame, egg, tree nuts, peanuts, fish/crustaceans/shellfish oils, and wheat products.



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