PRO PERFORMANCE®

50G† PROTEIN	1340† CALORIES	276G† CARBS

BULK 1340

High-Calorie Mass Gainer

Supports Muscle Energy, Recovery & Growth*^

DIETARY SUPPLEMENT

NET WT. 726 LB. (116.19 OZ.) 3294 G

9 SERVINGS

STRAWBERRIES & CREAM

NATURAL & ARTIFICIAL FLAVORS

† Per Serving Mixed in Water

* This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

BANNED SUBSTANCE TESTED

GNC

PRO PERFORMANCE® RESULTS

CODE 414780
DIRECTIONS: As a dietary supplement, mix 6 scoops (366 g) in 24 fl. oz. of cold water or milk. Consume 1-2 servings per day.

FZG-5766

Supplement Facts

Serving Size	6 Scoops (366 g) in Water	6 Scoops (366 g) in 2% Milk
Servings Per Container	9	9
Amount Per Serving	**% Daily Value**	**% Daily Value**
Calories	1340	1710
Total Fat	3 g 4%†	15 g 19%†
Saturated Fat	1.5 g 8%†	10 g 50%†
Trans Fat	0 g **	0.5 g **
Cholesterol	80 mg 27%	140 mg 47%
Total Carbohydrate	276 g 100%†	312 g 114%†
Total Sugars	12 g **	48 g **
Includes Added Sugars	10 g 20%†	10 g 20%†
Protein	50 g 100%†	75 g 150%†
Vitamin A	1500 mcg RAE 167%	2110 mcg RAE 234%
Vitamin C	60 mg 67%	60 mg 67%
Vitamin D	5 mcg 25%	13 mcg 65%
Vitamin E	20 mg 133%	20 mg 133%
Thiamin (Vitamin B-1)	4 mg 333%	4 mg 333%
Riboflavin (Vitamin B-2)	4 mg 308%	5 mg 385%
Niacin	50 mg 313%	50 mg 313%
Vitamin B-6	5 mg 294%	5 mg 294%
Folate	680 mcg DFE 170% 400 mcg Folic Acid	695 mcg DFE 174% 410 mcg Folic Acid
Vitamin B-12	10 mcg 417%	14 mcg 583%
Biotin	300 mcg 1000%	300 mcg 1000%
Pantothenic Acid	25 mg 500%	28 mg 560%
Choline	250 mg 45%	380 mg 69%
Calcium	1300 mg 100%	2230 mg 172%
Iron	1 mg 6%	1 mg 6%
Phosphorus	900 mg 72%	1660 mg 133%
Iodine	250 mcg 167%	541 mcg 361%
Magnesium	190 mg 45%	280 mg 67%
Zinc	10 mg 91%	13 mg 118%
Selenium	70 mcg 127%	83 mcg 151%
Copper	0.5 mg 56%	0.5 mg 56%
Manganese	2.5 mg 109%	2.5 mg 109%
Chromium	120 mcg 343%	120 mcg 343%
Molybdenum	75 mcg 167%	75 mcg 167%
Sodium	650 mg 28%	940 mg 40%
Potassium	550 mg 12%	1720 mg 37%
Glutamic Acid	9.3 g **	15 g **
Leucine	6 g **	8.5 g **
Isoleucine	2.5 g **	3.7 g **
Valine	2.5 g **	4.1 g **
Tyrosine	2 g **	3 g **
Arginine	1 g **	2 g **
Creatine	1 g **	1 g **
Glutamine	970 mg **	970 mg **
Inositol	250 mg **	250 mg **
Para-Aminobenzoic Acid (PABA)	5 mg **	5 mg **

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

OTHER INGREDIENTS: Maltodextrin, Whey Protein Concentrate, Whey Protein Isolate, Milk Protein Isolate and Less than 2%: Acesulfame Potassium, Citric Acid, Choline Bitartrate, Creatine Monohydrate, FD&C Red #40, Gum Blend (Cellulose Gum, Xanthan Gum, Carrageenan), L-Glutamine, L-Leucine, L-Tyrosine, Lecithin (Soy and/or Sunflower), Malic Acid, Milk Protein Concentrate, Natural & Artificial Flavors, Salt, Silicon Dioxide, Sucralose, Vitamin & Mineral Premix (beta-Carotene, Ascorbic Acid, Cholecalciferol, d-alpha Tocopheryl Acetate, Thiamin Mononitrate, Riboflavin, Niacinamide, Pyridoxine Hydrochloride, Folic Acid, Cyanocobalamin, Biotin, Calcium d-Pantothenate, Tricalcium Phosphate, Dipotassium Phosphate, Potassium Iodide, Magnesium Aspartate, Zinc Citrate, L-Selenomethionine, Cupric Oxide, Manganese Sulfate, Chromium Nicotinate Glycinate Chelate, Molybdenum Glycinate Chelate, Maltodextrin).

CONTAINS: Milk and Soy.

Distributed by: GNC Holdings, LLC, Pittsburgh, PA 15222 USA

Contains a bioengineered food ingredient.

⚠**WARNING:** Cancer and Reproductive Harm – www.P65Warnings.ca.gov. 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. Niacin may cause a temporary flushing reaction. Inform your physician of this product's biotin content before any lab test.

NOTICE: Significant product settling may occur.

Gluten Free.

Source for 2% Milk Nutrition Data: https://fdc.nal.usda.gov/fdc-app.html#/food-details/746778/nutrients

GF GLUTEN FREE

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KEEP OUT OF REACH OF CHILDREN
Store in a cool, dry place.
For More Information:
1-888-462-2548
GNC.com

FPO

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INFORMED CHOICE
REGULARLY TESTED FOR BANNED SUBSTANCES
WE TEST • YOU TRUST

◆ Product was tested for over 285 banned substances on the 2024 World Anti-Doping Agency (WADA) Prohibited List via LGC Skip lot testing protocol #ICP0307.

WAYS TO ENJOY YOUR BULK 1340

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

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

Number 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 protein synthesis and supporting your immune response and wellness goals.*

Branched Chain Amino Acids are known to help reduce muscle protein 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 banned substance tested. It tastes great and mixes easily with a simple shake or blend. Fast-absorbing to conveniently support maximum wellness.*