

# PRO PERFORMANCE® RESULTS

Numbers 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.\*<sup>^</sup> 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.\*<sup>^</sup>

## PRO PERFORMANCE® QUALITY

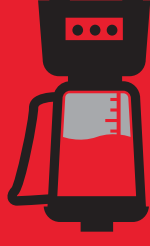
Bulk 1340 is banned substance tested. It tastes great and mixes easily with a simple shake or blend. Fast-absorbing to conveniently support maximum wellness.\*

<sup>^</sup>When used in conjunction with an exercise program.

## WAYS TO ENJOY YOUR BULK 1340



**1**  
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



\*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.

**Supplement Facts**

Serving Size 6 Scoops (366 g) in 2% Milk 15  
Serving Size 6 Scoops (366 g) in Water 15

Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Calories 1340		Calories 1710	
Total Fat 3g	4%†	Total Fat 15g	19%†
Saturated Fat 1.5g	8%†	Saturated Fat 10g	50%†
Trans Fat 0g	*	Trans Fat 0.5g	*
Cholesterol 80mg	27%	Cholesterol 140mg	47%
Total Carbohydrate 277g	101%†	Total Carbohydrate 313g	114%†
Total Sugars 12g	*	Total Sugars 48g	*
Includes Added Sugars 10g	20%†	Includes Added Sugars 10g	20%†
Protein 50g	100%†	Protein 75g	150%†
Vitamin A 1500 mcg RAE	167%	Vitamin A 2110 mcg RAE	234%
Vitamin C 60mg	67%	Vitamin C 60mg	67%
Vitamin D 5mcg	25%	Vitamin D 13mcg	65%
Vitamin E 20mg	133%	Vitamin E 20mg	133%
Thiamin 4mg	333%	Thiamin 4mg	333%
Riboflavin 4mg	308%	Riboflavin 5mg	385%
Niacin 50mg	313%	Niacin 50mg	313%
Vitamin B-6 5mg	294%	Vitamin B-6 5mg	294%
Folate 680 mcg DFE	170%	Folate 695 mcg DFE	174%
Vitamin B-12 10 mcg	417%	Vitamin B-12 14 mcg	583%
Biotin 300 mcg	1000%	Biotin 300 mcg	1000%
Pantothenic Acid 25 mg	500%	Pantothenic Acid 28 mg	560%
Choline 250 mg	45%	Choline 380 mg	69%
Calcium 1300 mg	100%	Calcium 2230 mg	172%
Iron 1 mg	6%	Iron 1 mg	6%
Phosphorus 900 mg	72%	Phosphorus 1660 mg	133%
Iodine 250 mcg	167%	Iodine 541 mcg	361%
Magnesium 190 mg	45%	Magnesium 280 mg	67%
Zinc 15 mg	136%	Zinc 18 mg	164%
Selenium 70 mcg	127%	Selenium 83 mcg	151%
Copper 1 mg	111%	Copper 1 mg	111%
Manganese 2 mg	87%	Manganese 2 mg	87%
Chromium 120 mcg	343%	Chromium 120 mcg	343%
Molybdenum 75 mcg	167%	Molybdenum 75 mcg	167%
Sodium 650 mg	28%	Sodium 940 mg	40%
Potassium 800 mg	17%	Potassium 1970 mg	42%
Glutamic Acid (PABA) 5 mg	*	Glutamic Acid (PABA) 5 mg	*
Inositol 970 mg	*	Inositol 250 mg	*
Glutamine 1 g	*	Glutamine 970 mg	*
Creatine 1 g	*	Creatine 1 g	*
Arginine 1 g	*	Arginine 2 g	*
Tyrosine 2 g	*	Tyrosine 3 g	*
Valine 2.5 g	*	Valine 4.1 g	*
Isoleucine 2.5 g	*	Isoleucine 3.7 g	*
Leucine 6 g	*	Leucine 8.5 g	*
Glutamic Acid 9.3 g	*	Glutamic Acid 15 g	*

† 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, Choline Bitartrate, Citric Acid, Creatine Monohydrate, Gum Blend (Cellulose Gum, Xanthan Gum, Carrageenan), L-Glutamine, L-Leucine, L-Tyrosine, Lecithin (Soy and/or Sunflower), 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. Nicotin 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/74678/nutrients>

GLUTEN FREE

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



\* 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.