

† Per Serving Mixed in Water

NATURAL & ARTIFICIAL FLAVORS

VANILLA ICE CREAM



# BULK 1340

50g<sup>†</sup> | 1340<sup>†</sup> | 277g<sup>†</sup>  
PROTEIN | CALORIES | CARBS



High-Calorie Mass Gainer  
Supports Muscle Energy,  
Recovery & Growth<sup>\*,^</sup>

DIETARY SUPPLEMENT

NET WT. 7.26 LB. (16.19 OZ.) 3294 G

9 SERVINGS

\*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.



## 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.<sup>\*</sup>

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>

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

### 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



\* 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.

CODE 414779 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	277 g 101%†	313 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	4 mg 333%	4 mg 333%
Riboflavin	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	15 mg 136%	18 mg 164%
Selenium	70 mcg 127%	83 mcg 151%
Copper	1 mg 111%	1 mg 111%
Manganese	2 mg 87%	2 mg 87%
Chromium	120 mcg 343%	120 mcg 343%
Molybdenum	75 mcg 167%	75 mcg 167%
Sodium	650 mg 28%	940 mg 40%
Potassium	800 mg 17%	1970 mg 42%
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, 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](https://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>.

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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

