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.^* Bulk 1340 also provides 10 grams of glutamine, an important amino acid for maintaining positive immune response and muscle function to support your wellness goals.*

Branched Chain Amino Acids may 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.*

^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

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

◆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 414803 FZG

DIRECTIONS: As a dietary supplement, mix six scoops (360 g) with 24 fl. oz. of cold water or milk. Consume 1-2 servings per day.

Supplement Facts

Serving Size	6 Scoops (360 g) in Water		6 Scoops (360 g) in 2% Milk	
Servings Per Container	15		15	
Amount Per Serving		**% Daily Value**		**% Daily Value**
Calories	1340		1710	
Total Fat	3.5 g	4%†	18 g	23%†
Saturated Fat	2 g	10%†	11 g	55%†
Cholesterol	65 mg	22%	125 mg	42%
Total Carbohydrate	277 g	101%†	312 g	113%†
Dietary Fiber	2 g	7%†	2 g	7%†
Total Sugars	11 g	*	46 g	*
Protein	50 g		74 g	
Vitamin A	1500 mcg RAE	167%	1708 mcg RAE	190%
Vitamin C	60 mg	67%	60 mg	67%
Vitamin D	5 mcg	25%	13.9 mcg	70%
Vitamin E	20.1 mg	134%	20.1 mg	134%
Thiamin	4.8 mg	400%	5.1 mg	425%
Riboflavin	4 mg	308%	5.3 mg	408%
Niacin	50 mg	313%	50.6 mg	316%
Vitamin B-6	5 mg	294%	5.3 mg	312%
Folate	667 mcg DFE (400 mcg Folic Acid)	167%	725 mcg DFE (435 mcg Folic Acid)	181%
Vitamin B-12	10 mcg	417%	13.5 mcg	563%
Biotin	300 mcg	1000%	300 mcg	1000%
Pantothenic Acid	25 mg	500%	27.5 mg	550%
Calcium	730 mg	56%	1605 mg	124%
Iron	9 mg	50%	9 mg	50%
Phosphorus	690 mg	55%	1360 mg	109%
Iodine	150 mcg	100%	150 mcg	100%
Magnesium	220 mg	52%	300 mg	71%
Zinc	15 mg	136%	18.5 mg	168%
Selenium	70 mcg	127%	88 mcg	160%
Copper	1.5 mg	167%	1.5 mg	167%
Manganese	2.5 mg	109%	2.6 mg	113%
Chromium	200 mcg	571%	200 mcg	571%
Molybdenum	75 mcg	167%	75 mcg	167%
Sodium	330 mg	14%	650 mg	28%
Potassium	1210 mg	26%	2240 mg	48%
Anabolic Amino Maximizer	**24 g**	*	**36 g**	*
Glutamine & Glutamic Acid (as Whey Protein Concentrate, Calcium Caseinate, Cocoa, Whey Protein Isolate, Milk Protein Isolate, Glutamine Peptides [Hydrolyzed Whey, L-Glutamine], Egg Albumen)	10 g	*	15 g	*
Leucine (as Whey Protein Concentrate, Calcium Caseinate, Cocoa, Whey Protein Isolate, Milk Protein Isolate, L-Leucine, Egg Albumen)	6 g	*	8.5 g	*
Isoleucine (as Whey Protein Concentrate, Calcium Caseinate, Cocoa, Whey Protein Isolate, Milk Protein Isolate, Egg Albumen)	2.5 g	*	4 g	*
Valine (as Whey Protein Concentrate, Calcium Caseinate, Cocoa, Whey Protein Isolate, Milk Protein Isolate, Egg Albumen)	2.5 g	*	4 g	*
Tyrosine (as Whey Protein Concentrate, Calcium Caseinate, Cocoa, Whey Protein Isolate, L-Tyrosine, Egg Albumen)	2 g	*	3 g	*
Arginine (as Whey Protein Concentrate, Calcium Caseinate, Cocoa, Whey Protein Isolate, Milk Protein Isolate, Egg Albumen)	1 g	*	1.5 g	*
Energizing ATP Complex	**1.505 g**	*	**1.615 g**	*
Creatine Monohydrate	1 g	*	1 g	*
Choline (as Choline Bitartrate)	250 mg	*	360 mg	*
Inositol	250 mg	*	250 mg	*
PABA (as Para-Aminobenzoic Acid)	5 mg	*	5 mg	*

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

OTHER INGREDIENTS: Maltodextrin, Protein Blend (Whey Protein Concentrate, Calcium Caseinate, Whey Protein Isolate, Milk Protein Isolate, Egg Albumen), Cocoa (Processed with Alkali), Natural and Artificial Flavors, Vitamin and Mineral Blend (Calcium Phosphate, Potassium Phosphate, Magnesium Aspartate, Ascorbic Acid, Niacinamide, d-alpha Tocopheryl Acetate, Biotin, Zinc Citrate, d-Calcium Pantothenate, Natural beta-Carotene, L-Selenomethionine, Ferrous Fumarate, Chromium Amino Acid Chelate, Manganese Sulfate, Thiamin Mononitrate, Pyridoxine HCl, Folic Acid, Molybdenum Amino Acid Chelate, Riboflavin, Potassium Iodide, Cholecalciferol, Copper Oxide, Cyanocobalamin), Guar Gum, Magnesium Bisglycinate Chelate, Sucralose, Acesulfame Potassium.

CONTAINS: Egg, Milk and Soybeans.

Manufactured on equipment that processes products containing soybeans (lecithin), milk, peanut flavor, wheat, shellfish, tree nuts, fish oil and eggs.

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 phyisician of this product's biotin content before any lab test.

NOTICE: Significant product settling may occur.

Gluten Free.

GLUTEN FREE

* 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.

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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