

ALL NATURAL

Massive Weight Gainer

PROTEIN 1:3 CARBS

VANILLA SWIRL

Grass Fed Whey Protein

2kg

Dietary Supplement

1 NUTRITION

MASSIVE WEIGHT GAINER

SUGGESTED USE:

Add 3 heaped scoops into 300 to 500ml of water or milk, adjusting the levels of water or Milk to your own desired taste and thickness; Always take immediately after training and extra serves either between meals OR immediately after breakfast and last thing before bed everynight.

For even more extreme results add 1nutrition creapure creatine to every shake and 1nutrition colostrum to shake before bed.

NUTRITION INFORMATION All specified values are averages	
Servings per Container: 20 Serving Size: 100g	Ave Qty per 100g
Energy	1700kJ 405Cal
Protein	25g
Fat, Total / Saturated	2.3 / 1.6g
Carbohydrates, Total - Sugars	75g 1.9g
Sodium	45mg
Potassium	190mg
ESSENTIAL AMINO ACIDS All specified values are averages	
Leucine	2123mg
Iso-leucine	1302mg
Valine	1191mg
Threonine	1377mg
Phenylalanine	651mg
Methionine	484mg
Tryptophan	391mg
Lysine	1245mg

INGREDIENTS:

Maltodextrin, Whey Protein Concentrate,
Natural flavour, Stevia.

STORAGE: Replace lid immediately after use.
Store in a cool, dry place, out of direct sunlight.

FORMULATED SUPPLEMENTARY SPORTS FOOD

This product is not to be used as a sole source of nutrition. It must be used in conjunction with a balanced diet and a suitable physical training or exercise program.

100% AUSTRALIAN OWNED AND MADE USING AVERAGE MINIMUM 25% AUSTRALIAN INGREDIENTS

NOT SUITABLE FOR CHILDREN UNDER 15 YEARS OF AGE; NOT SUITABLE FOR PREGNANT WOMEN
SHOULD ONLY BE USED UNDER MEDICAL OR DIETETIC ADVICE CONTAINS INGREDIENTS FROM
MILK AND SOY, MAY CONTAIN TRACES OF EGGS

Batch No: 220928 Best before: sep 2024



Manufactured for: 1 Nutrition, 7 Forester Drive,
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