SERIOUS PERFORMANCE GAINER

Released from the duty to register as RDC No. 27/2010.

- **» 3.750 calories per serving (with water).**
- **» 50g of proteins per serving.**
- **» 253g of Carbohydrates per serving.**
- **» Contains Glutamine Peptides, BCAA's, FOS (Inuline / Oligofructose).**
- **» TCM (Middle Chain Triglycerides).**
- **» Flavors: Vanilla, Chocolate, Strawberry and Cookies'n Cream.**
- **» Package with 3kg.**

Serious Performance Gainer® is a hypercaloric that supplies 3.750 calories prepared with water and 4.500 calories prepared with skim milk.

50g of proteins per serving: Contains 50g of proteins from 4 different protein sources: Isolated Whey Protein, Concentrated Whey Protein, Casein and Albumin.

Supplies 253g of carbohydrates: Simple and Complex carbohydrates: Fructose and Maltodextrin.

Its full formula also contains:

» Glutamine Peptides and Betamino BCAA's for muscle recovery and catabolism protection;
» FOS (Inuline/Oligofructose) which is a 100% natural fiber;
» TCM (Middle Chain Triglycerides) which is a vegetable oil extracted from coconut that increases caloric ingestion.

Flavors: Vanilla , Chocolate, Strawberry and Cookies'n Cream.

Package: 3kg.

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PERFORMANCE SCIENCE NUTRITION

SERIOUS PERFORMANCE GAINER

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Ingredients (Vanilla Flavor): Concentrated Whey Protein, Isolated Whey Protein, Casein, Albumin, Glutamine Peptides, Betamino BCAA, Fructose, Maltodextrin, FOS (Inuline/OligoFructose), Artificial Vanilla Flavor, Sucralose, Soy Lecithin, Medium Chain Triglycerides, Vitamin and Mineral Blend (Vitamin A, Vitamin D, Vitamin E, Folic Acid, Pantothenic Acid, Biotin, Niacinamide, Vitamin B1, Vitamin B12, Vitamin B2, Vitamin B6, Vitamin C, Vitamin K, Calcium, Chromium, Iron, Phosphorus, Iodine, Magnesium, Manganese, Selenium, Zinc). CONTAINS GLUTEN.

Ingredients (Chocolate Flavor): Concentrated Whey Protein, Isolated Whey Protein, Casein, Albumin, Glutamine Peptides, Betamino BCAA, Fructose, Maltodextrin, FOS (Inuline/OligoFructose), Artificial Chocolate Flavor, Artificial Vanilla Flavor, Sucralose, Medium Chain Triglycerides, Vitamin and Mineral Blend (Vitamin A, Vitamin D, Vitamin E, Folic Acid, Pantothenic Acid, Biotin, Niacinamide, Vitamin B1, Vitamin B12, Vitamin B2, Vitamin B6, Vitamin C, Vitamin K, Calcium, Chromium, Iron, Phosphorus, Iodine, Magnesium, Manganese, Selenium, Zinc) and Cocoa. CONTAINS GLUTEN.

Ingredients (Strawberry Flavor): Concentrated Whey Protein, Isolated Whey Protein, Casein, Albumin, Glutamine Peptides, Betamino BCAA, Fructose, Maltodextrin, FOS (Inuline/OligoFructose), Artificial Strawberry Flavor, Sucralose, Soy Lecithin, Medium Chain Triglycerides, Vitamin and Mineral Blend (Vitamin A, Vitamin D, Vitamin E, Folic Acid, Pantothenic Acid, Biotin, Niacinamide, Vitamin B1, Vitamin B12, Vitamin B2, Vitamin B6, Vitamin C, Vitamin K, Calcium, Chromium, Iron, Phosphorus, Iodine, Magnesium, Manganese, Selenium, Zinc) and FD&C Red#40. CONTAINS GLUTEN.

Ingredients (Cookies'n Cream Flavor): Concentrated Whey Protein, Isolated Whey Protein Milk porTroca Ionic, Micellar casein, albumin; Glutamine Peptides, L-Leucine, L-Valine, L-Isoleucine (Natural Occurrence of Proteins), fructose, maltodextrin, FOS (inulin), Aroma Artificial Cookie & Cream, Cocoa and Artificial Sweetener sucralose, triglycerides of medium chain (MCT) and mixture of vitamins and minerals (Vitamin a, Vitamin D, Vitamin E, Folic Acid, Pantothenic Acid, Biotin, Niacinamide, Vitamin B1, Vitamin B12, Vitamin B2, Vitamin B6, Vitamin C, Vitamin K, Calcium, Chromium, Iron , Phosphorus, Iodine, Magnesium, Manganese, Selenium, Zinc). CONTAINS GLUTEN.

Suggested Use: Add 2 scoops of Serious Performance Gainer in the blender with 710 ml of cold water or skim milk. If you want, add ice and other ingredients. Blend it at high speed for 45 to 60 seconds or until well mixed. Consume this product as a recommendation from a doctor or dietitian and nutrition specialist.

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SERIOUS PERFORMANCE GAINER

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Nutritional Information - 1 Serving - 2 scoops (334g)				
Amount per serving	**w/ skim milk**	**%Daily Value***	**w/ water**	**%Daily Value***
Calories	1500 kcal = 6300 kJ	75%	1250 kcal = 5250 kJ	63%
Proteins	71 g	96%	50 g	67%
Carbohydrates	288 g	95%	253 g	84%
Total Fat	4 g	7%	4 g	7%
Saturated Fat	1,5 g	7%	1,5 g	7%
Trans Fat	0 g	**	0 g	**
Food Fiber	3 g	12%	3 g	12%
Sodium	610 mg	25%	360 mg	15%
Potassium	2060 mg	**	1240 mg	**

* Daily values based on a diet of 2000 kcal or 8400 kJ. Your daily values may be higher or lower depending on your energy requirements.
** RDA not established.

Profile of Amino Acids:

L-Alanine	2879 mg	*L-Phenylalanine	1806 mg
L-Arginine	1612 mg	L-Proline	3314 mg
L-Aspartic Acid	5550 mg	L-Serine	3061 mg
*L-Threonine	3454 mg	L-Cistin	1255 mg
L-Tyrosine	496 mg	*L-Tryptophan	1235 mg
L-Glycine	1103 mg	*L-Valine	3934 mg
L-Glutamic Acid	9520 mg	*L-Isoleucine	4174 mg
L-Histidine	1028 mg	*L-Leucine	6121 mg
*L-Lysine	4492 mg	*L-Methionine	1246 mg

*The quantities of L-Tryptophan in Performance Nutrition products occur naturally from raw materials.

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