

Muscle Gain™ Protein Shake

HIGH-QUALITY PROTEIN TO FEED YOUR MUSCLES*



\$33.95 per box
(10 pouches)
P4601 - Vanilla
P4602 - Chocolate
D \$27.16 A \$20.37

\$71.95 per canister
(25 servings)
P2601 - Vanilla
P2602 - Chocolate
D \$57.56 A \$43.17



Muscle Gain™ Protein Shake

KEY BENEFITS:

- Contains 25 grams of high-grade, easily digestible protein per serving
- Provides nutritional support for increased muscle mass
- Enhances physical performance and endurance
- Supports enzyme production and muscle metabolic processes
- Helps maintain and restore energy supplies during and after physical activity

IS THIS YOU?

- Someone who wants to add lean muscle mass
- Someone who needs supplemental consumption of protein
- An athlete who needs only high-quality protein to aid in your training
- Someone who wants to spare lean muscle mass during periods of calorie restriction

THE ISSUE:

Nutritional research points out that the average diet of Americans, including athletes, is inadequate. Therefore, appropriate steps need to be taken to have a proper diet. As a fundamental nutrient in producing and sustaining muscle, protein is required by the body to remain healthy. As part of a weight management program, protein helps sustain the muscles so that the body uses carbohydrates and fats for energy. This leads to a strong and toned body resulting from healthy weight management.

For athletes, the importance of protein is even greater. Athletes must ensure that they consume optimal levels of protein and essential amino acids to provide protein for synthesis and muscle repair directly after exercise, and during times of rest and recovery. Protein is essential for gaining muscle and strengthening your body. Research has shown that the typical protein intake for strength athletes should be approximately 1.3 to 1.8 grams per day for every two pounds of body weight. That's as much as 180 grams for someone who weighs 200 pounds. Providing the body with necessary amino acids and proteins means that muscles can grow and strengthen in response to a training regimen.

Our typical diet provides many sources of protein, including beef, chicken, nuts and eggs. The issue with achieving well-balanced protein consumption is that it is often associated with foods high in calories and fat. Therefore, protein supplementation has become a very popular alternative for athletes. Protein supplements, like other dietary sources, are plentiful in the market. However, the challenge is finding a high-quality source of protein that the body can easily absorb and effectively put to use.

THE SOLUTION: Muscle Gain™

Since it's almost impossible to consume enough protein through your diet without also consuming excess calories, fats and carbohydrates, AdvoCare offers Muscle Gain Protein Shake as a superior source of high-grade protein. It provides a metabolically balanced protein blend that feeds your muscles the amino acids and other components that are essential for protein synthesis and muscle building. Some protein powders use low-grade protein sources, which are hard to digest and can cause bloating while failing to fully support the muscles. In contrast, each pouch of Muscle Gain Protein Shake offers 25 grams of a special protein blend that gives the body the variety of proteins it needs to gain the best results.

Muscle Gain Protein Shake also includes the digestive enzymes papain and bromelain to improve absorption of protein and facilitate digestive processes. And because the muscles need much more than just protein for optimal function, Muscle Gain Protein Shake adds important vitamins and minerals such as vitamin C, calcium and vitamin B-6 to give the body the balanced support it needs to help build muscle and maintain improved health. Because of its advanced formula, Muscle Gain Protein Shake offers a more comprehensive approach to sports performance support than many competitors, supplying the body with the essential protein and nutritional support needed to increase muscle mass and stamina.

Directions For Use:

For ages 12 and older.

Blend, shake or briskly stir contents of one pouch into 8 fluid ounces of water or the beverage of your choice. Can be blended with fresh or frozen fruit for flavor variety.

NOTICE:

Use this product as a food supplement only. Do not use for weight reduction.

Key Ingredients:

Protein blend, carbohydrates, papain, bromelain, vitamin C, thiamine (B-1), riboflavin (B-2), niacin, pantothenic acid (B-5), calcium, magnesium, branched-chain amino acids

CONTAINS MILK-BASED INGREDIENTS.

THIS PRODUCT WAS MANUFACTURED IN A FACILITY THAT ALSO PROCESSES SOY, TREE NUTS, PEANUTS AND WHEAT-CONTAINING INGREDIENTS.

R031309

Muscle Gain™ Vanilla

NUTRITION FACTS

Serving Size: 1 pouch (1.32 oz / 37.5g)
[makes 8 fl oz prepared]
Servings Per Container: 10

Amount Per Serving

Calories 135 Calories from Fat 10

% DV*

Total Fat 1g 2%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 30mg 10%

Sodium 55mg 2%

Potassium 110mg 3%

Total Carbohydrate 4g 1%

Dietary Fiber 0g 0%

Sugars 4g

Protein 25g

Vitamin A 0% • Vitamin C 60%

Calcium 35% • Iron 2%

Thiamine 230% • Riboflavin 230%

Niacin 30% • Vitamin B-6 310%

Vitamin B-12 150% • Biotin 10%

Pantothenic acid 60% • Phosphorus 25%

Magnesium 15% • Manganese 60%

*Percent Daily Values (DV) are based on a 2,000-calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium	Less than	3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Protein		50g	65g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: METABOLICALLY BALANCED PROTEIN (WHEY PROTEIN CONCENTRATE, CALCIUM CASEINATE, MILK PROTEIN CONCENTRATE, BRANCHED-CHAIN AMINO ACIDS [L-LEUCINE, L-ISOLEUCINE, L-VALINE]), FRUCTOSE, NATURAL AND ARTIFICIAL FLAVORS, CALCIUM PHOSPHATE, MAGNESIUM OXIDE, ASCORBIC ACID, TITANIUM DIOXIDE, SUCRALOSE, PYRIDOXINE HYDROCHLORIDE, CALCIUM PANTOTHENATE, NIACIN, ACESULFAME POTASSIUM, MANGANESE SULFATE, PAPAINE, BROMELAIN, THIAMINE HYDROCHLORIDE, RIBOFLAVIN, BIOTIN, CYANOCOBALAMIN.

CONTAINS MILK-BASED INGREDIENTS. THIS PRODUCT WAS MANUFACTURED IN A FACILITY THAT ALSO PROCESSES SOY, TREE NUTS, PEANUTS AND WHEAT-CONTAINING INGREDIENTS.

Directions: Blend, shake or briskly stir contents of one pouch into 8 fluid ounces of water or the beverage of your choice. Can be blended with fresh or frozen fruit for flavor variety.

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P4601/01D0508

Muscle Gain™ Chocolate

NUTRITION FACTS

Serving Size: 1 pouch (1.46 oz / 41.5g)

[makes 8 fl oz prepared]

Servings Per Container: 10

Amount Per Serving

Calories 145 Calories from Fat 20

% DV*

Total Fat 2g 3%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 30mg 10%

Sodium 55mg 2%

Potassium 280mg 8%

Total Carbohydrate 6g 2%

Dietary Fiber 1g 4%

Sugars 4g

Protein 25g

Vitamin A 0% • Vitamin C 60%

Calcium 35% • Iron 2%

Thiamine 230% • Riboflavin 230%

Niacin 30% • Vitamin B-6 310%

Vitamin B-12 150% • Biotin 10%

Pantothenic acid 60% • Phosphorus 25%

Magnesium 15% • Manganese 60%

*Percent Daily Values (DV) are based on a 2,000-calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium	Less than	3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Protein		50g	65g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

P4602/01D0508

INGREDIENTS: METABOLICALLY BALANCED PROTEIN (WHEY PROTEIN CONCENTRATE, CALCIUM CASEINATE, MILK PROTEIN CONCENTRATE, BRANCHED-CHAIN AMINO ACIDS [L-LEUCINE, L-ISOLEUCINE, L-VALINE]), DUTCH PROCESSED COCOA, FRUCTOSE, NATURAL AND ARTIFICIAL FLAVORS, CALCIUM PHOSPHATE, MAGNESIUM OXIDE, ASCORBIC ACID, SUCRALOSE, PYRIDOXINE HYDROCHLORIDE, CALCIUM PANTOTHENATE, NIACIN, ACESULFAME POTASSIUM, MANGANESE SULFATE, PAPAIN, BROMELAIN, THIAMINE HYDROCHLORIDE, RIBOFLAVIN, BIOTIN, CYANOCOBALAMIN.

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