



Product Data Sheet

GOURMET GAINER

Ultra-Premium High Protein and High Carbohydrate Lean Muscle Gainer†

Max Muscle Sports Nutrition (MMSN) is proud to introduce **Gourmet Gainer**, a rich and ultra creamy high protein and high carbohydrate weight gain formula. **Gourmet Gainer** is calorically dense and designed for those individuals looking for a highly concentrated protein and calorie formula to support maximum lean muscle mass gains. We have formulated this product with the highest quality and purity of ingredients available in the marketplace so you can be assured of the safety and effectiveness of **Gourmet Gainer**.†

Gourmet Gainer is the complete muscle and weight gaining formula providing 456 calories, 35 grams of multi-fractional whey proteins and 72 grams of multi-molecular weight carbohydrates per serving (mixed in 12-16 oz water). Mixed with 16 oz milk (2%), **Gourmet Gainer** provides 700 calories, 51 grams of protein and 96 grams of carbohydrates.

Gourmet Gainer is packed with 35 grams of multi-fractional proteins derived from whey protein isolates (WPI), whey protein concentrates (WPC) and whole milk solids (WMS). Our unique blend delivers long, medium and short chain amino acids and nitrogen for sustained (timed) release over several hours. The three sources of synergistic proteins will make sure that your nitrogen balance and ability to gain lean muscle mass will be optimized.

The WPC in **Gourmet Gainer** are purified by ultra filtration and ion exchange chromatography. This fraction is rich in beta-lactoglobulin, alpha-lactoglobulin, immunoglobulins IgG, IgA and IgM, glycomacropeptides, bovine serum albumin (BSA), lactoferrin, lactoperoxidase and lysozyme. Further purification by a cross-flow microfiltration/ultrafiltration process to yields the WPI, one of the purest and highly concentrated proteins ever developed. This technology yields a WPI that is un-denatured retaining all the beneficial subfractions in their natural and effective ratios.†

Each serving of **Gourmet Gainer** provides 72 grams of multi-source carbohydrates with rapid to extended absorption rates including, waxy maize starch (amylopectin), maltodextrin and fructose. Waxy maize starch has the highest molecular weight of the group followed by maltodextrin with an intermediate molecular weight and fructose with the lowest molecular weight. **Gourmet Gainer** provides the ideal forms and amounts of carbohydrates to pack glycogen in muscles for maximum weight gain. Fiber has also been shown to have numerous health benefits.†

Gourmet Gainer is instantized so you can mix it vigorously or shake it without a blender. **Gourmet Gainer** was developed to exceed your expectations as the best gainer available in the marketplace.



Size: Net Wt. 6 lbs (2724 grams)
Serving Size: Four(4) Scoops (Approx. 120g)
Servings Per Container: Twenty-Two (22)
Flavor: Chocolate Coma, Vanilla Heaven, Strawberry Splurge

KEY FEATURES

- Supports Maximum Lean Muscle Weight Gains†
- High Calorie Shake, Ideal for Before or After Workouts†
- Provides 35 gm Multi-Source Proteins and 72 gm Full Spectrum Carbohydrates Per Serving
- Instantized For Easy Mixing and Digestibility†

KEY MESSAGES

- Calorically dense high protein and high carbohydrate formula to support maximum muscle growth†
- Ideal for gaining lean muscle or enhancing your exercise program.†
- Combines a proprietary blend of ultra-premium whey protein concentrates (WPC), whole milk solids (WMS), and whey protein isolates (WPI) to ensure optimal nitrogen balance and lean muscle mass gain.†
- Provides full-spectrum molecular weight carbohydrates from waxy maize starch, maltodextrin, and fructose yielding rapid, intermediate and slow energy to fuel and energize the muscle.†
- Packed with 35 gm multi-fractional whey proteins and 72 gm of multi-source carbohydrates per serving.
- Meets the precise ratios of carbohydrates and protein for optimal nutrient timing before and following exercise as recommended by leading international sports nutrition organizations.
- Does not contain gluten. Safe for patients with Celiac Disease.
- Instantized for rapid mixing to be able to "assimilate" calories immediately.†

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Supplement Facts

Serving Size: 4 Scoops (approx 120 g) Servings Per Container: 22
 Calories: 456 (12-16oz water), 700(16oz milk, 2%) Calories from Fat: 30 (12-16oz water), 70 (16oz milk, 2%)

Amount Per Serving	(12-16oz water)	% Daily Value*	(16oz milk, 2%)	% Daily Value*
Total Fat	3 gm	5%	13 gm	20%
Saturated Fat	1.2 gm	6%	7 gm	35%
Trans Fat	0 gm	**	0 gm	**
Cholesterol	0 mg	0%	38 mg	13%
Sodium	516 mg	21%	760 mg	32%
Total Carbohydrates	72 gm	24%	96 gm	32%
Dietary Fiber	4 gm	16%	4 gm	16%
Sugars (Dextrose)	20 gm	**	44 gm	**
Protein	35 gm	70%	51 gm	102%
Vitamin A	442 IU	9%	905 IU	18%
Vitamin C	0 mg	0%	4 mg	7%
Calcium	385 mg	38%	981 mg	98%
Iron 0 mg	0%	.24 mg	1%	
Total Fat	Less Than	2,000	2,500	
Saturated Fat	Less Than	65 gm	80 gm	
Cholesterol	Less Than	300 mg	300 mg	
Sodium	Less Than	2,400 mg	2,400 mg	
Total Carbohydrates	72 gm	300 gm	375 gm	
Dietary Fiber	4 gm	25 gm	30 gm	

Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4

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

Ingredients (Vanilla Heaven Flavor): Gourmet Gainer Proprietary Protein Blend (Whey Protein Concentrate, Whole Milk Solids, Whey Protein Isolate), Crystalline Fructose, Maltodextrin (Glucose Polymers), Waxy Maize Starch, Lecithin Powder (Soy), Cellulose Gum, Xanthan Gum, Natural and Artificial Vanilla Flavor, Sodium Chloride (salt), Acesulfame Potassium.

Ingredients (Chocolate Coma Flavor): Gourmet Gainer Proprietary Protein Blend (Whey Protein Concentrate, Whole Milk Solids, Whey Protein Isolate), Crystalline Fructose, Maltodextrin (Glucose Polymers), Waxy Maize Starch, Lecithin Powder (Soy), Cellulose Gum, Xanthan Gum, Natural & Artificial Chocolate and Fudge Flavors, Sodium Chloride (salt), Acesulfame Potassium.

Ingredients (Strawberry Surge Flavor): Gourmet Gainer Proprietary Protein Blend (Whey Protein Concentrate, Whole Milk Solids, Whey Protein Isolate), Crystalline Fructose, Maltodextrin (Glucose Polymers), Waxy Maize Starch, Lecithin Powder (Soy), Cellulose Gum, Xanthan Gum, Natural and Artificial Flavors (FD&C Red No. 40), Sodium Chloride (salt), Acesulfame Potassium.

Directions: Mix 4 (four) scoops (approx 120 g) in 12 - 16 oz cold water, milk, fruit juice, or your favorite beverage. Vary the amount of liquid to achieve desired consistency. You can drink it 2 – 3 times per day as an excellent high protein/high carbohydrate gainer. Gourmet Gainer is instantized so you can mix it vigorously in a shaker cup without a blender.

Allergy Information: Contains whey protein (derived from milk) and lecithin (derived from soy). Manufactured in a facility that processes milk, soy and egg proteins, peanuts, other tree nuts and wheat.

KEEP OUT OF THE REACH OF CHILDREN. STORE IN A COOL, DRY PLACE AWAY FROM MOISTURE, SUNLIGHT AND EXCESS HEAT. ALWAYS KEEP TIGHTLY SEALED.

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TARGET MARKET

Primary: Individuals looking for an ultra-premium, high protein and high carbohydrate powder to satisfy your protein or mass gaining requirements.

Secondary: Individuals needing to increase their caloric intake due to illness or other diseases causing drops in body weight.

RECOMMENDED STACK

- Vit-Acell
- Max Ultra 100
- Max EFA
- Max Gluta Matrix
- Max Creatine

Key References

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3. Zawadzki KM, Yaspelkis BB 3d, Ivy JL. Carbohydrate-protein complex increases the rate of muscle glycogen storage after exercise. J Appl Physiol 1992;72:1854-59.
4. McArdle WD, Katch FI and Katch VL. Exercise physiology: Energy, nutrition, and human performance. 4th ed. Williams & Wilkins, Baltimore MD, 1996.
5. Cribb PJ, Hayes A. Effects of supplement timing and resistance exercise on skeletal muscle hypertrophy. Med Sci Sports Exerc 2006; 38:1918-25
6. Mosani L, Mirand PP. Type and timing of protein feeding to optimize anabolism. Curr Opin Clin Nutr Metab Care 2003;6:301-6
7. Phillips SM, Hartman JW, Wilkinson SB. Dietary protein to support anabolism with resistance exercise in young men. J Am Coll Nutr 2005;24:134S-39S.
8. Haff GG, Lehmkuhl MJ, McCoy LB, Stone MH. Carbohydrate supplementation and resistance training. J Strength Cond Res 2003;17:187-96.
9. Baty JJ, Hwang H, Ding Z, et al. The effect of a carbohydrate and protein supplement on resistance exercise performance, hormonal response, and muscle damage. J Strength Cond Res 2007;21:321-9.

To report a serious adverse event, contact:

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† 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.