



INTRODUCING OUR HIGHEST CALORIE WEIGHT GAINER

It's all about the numbers when you want to pack on size. With Bulk 1340, you get 1340 nutrient-dense calories, 50g protein, 277g carbs, 11g BCAA, 10g glutamine and 1000mg creatine. This advanced gainer is scientifically formulated to go beyond the basics and increase muscle mass along with upper and lower body strength.\*\* The Anabolic Amino & Strength Complex completes this high-calorie gainer with powerful muscle nutrients to help you recover from serious workouts.\* It's immeasurable, it's Bulk 1340.

GET MORE WITH BULK 1340:

- 1340 Calories Per Serving (1710 calories when mixed with 2% Milk) to Support Bulking & Weight Gaining Goals\*
- 50g Protein & 277g Carbohydrates Packed in a Precise Ratio to Help You Build Muscle Mass\*\*
- Scientifically Formulated to Increase Mass and Strength\*\*
- 1000mg Creatine for Muscle Cell Energy\*
- Over 57g Amino Acids including 11g BCAA for the Ultimate Muscle-Building Power\*\*
- 10g Glutamine for Advanced Muscle Recovery & Function\*
- 25 Vitamins & Minerals

STACK WITH: Mega Men® Strength Vitapak® Program, Pro Performance® Amino Energy Advanced, Pro Performance® 100% Casein.



^ When used in conjunction with regular resistance training.

KEEP OUT OF REACH OF CHILDREN.  
Store in a cool, dry place.



\* 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.

For More Information:  
1-888-462-2548

SHOP NOW @ GNC.COM

Distributed by:  
General Nutrition Corporation  
Pittsburgh, PA 15222



# BULK 1340

## DIETARY SUPPLEMENT

1340 Calorie Gainer, 50g Protein & 277g Carbs to Pack On Size^\*

10g Glutamine & 11g BCAA for Muscle Recovery & Growth^\*

25 Vitamins & Minerals + Creatine for Muscle Energy\*



50G PROTEIN | VANILLA  
NATURAL AND ARTIFICIAL FLAVOR

9 SERVINGS  
Net Wt 7.14 lbs (3240 g)



1340 CALORIES | 50G PROTEIN | 11G BCAA | 277G CARBS

CODE 414745 HPG  
DIRECTIONS: As a dietary supplement, mix two scoops (360 g) with 24 fl. oz. of cold water or milk. Consume 1 - 2 servings daily.

| Supplement Facts                                                                                                                                                    |                           |                             |  |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------|-----------------------------|--|
| Serving Size                                                                                                                                                        | 2 Scoops (360 g) in Water | 2 Scoops (360 g) in 2% Milk |  |
| Servings Per Container                                                                                                                                              | 9                         | 9                           |  |
| Amount Per Serving                                                                                                                                                  | % Daily Value             | % Daily Value               |  |
| Calories                                                                                                                                                            | 1340                      | 1710                        |  |
| Calories from Fat                                                                                                                                                   | 30                        | 160                         |  |
| Total Fat                                                                                                                                                           | 3 g 5%†                   | 18 g 28%†                   |  |
| Saturated Fat                                                                                                                                                       | 2 g 10%†                  | 11 g 55%†                   |  |
| Cholesterol                                                                                                                                                         | 65 mg 22%                 | 125 mg 42%                  |  |
| Total Carbohydrates                                                                                                                                                 | 277 g 92%†                | 312 g 104%†                 |  |
| Dietary Fiber                                                                                                                                                       | 3 g 12%†                  | 3 g 12%†                    |  |
| Sugar                                                                                                                                                               | 11 g *                    | 46 g *                      |  |
| Protein                                                                                                                                                             | 50 g                      | 74 g                        |  |
| Vitamin A                                                                                                                                                           | 5000 IU 100%              | 6390 IU 128%                |  |
| Vitamin C                                                                                                                                                           | 60 mg 100%                | 60 mg 100%                  |  |
| Vitamin D                                                                                                                                                           | 200 IU 50%                | 555 IU 139%                 |  |
| Vitamin E                                                                                                                                                           | 30 IU 100%                | 30 IU 100%                  |  |
| Thiamin                                                                                                                                                             | 4.8 mg 320%               | 5.05 mg 337%                |  |
| Riboflavin                                                                                                                                                          | 4 mg 235%                 | 5.3 mg 312%                 |  |
| Niacin                                                                                                                                                              | 50 mg 250%                | 50.6 mg 253%                |  |
| Vitamin B-6                                                                                                                                                         | 5 mg 250%                 | 5.25 mg 263%                |  |
| Folic Acid                                                                                                                                                          | 400 mcg 100%              | 435 mcg 109%                |  |
| Vitamin B-12                                                                                                                                                        | 10 mcg 167%               | 13.5 mcg 225%               |  |
| Biotin                                                                                                                                                              | 300 mcg 100%              | 300 mcg 100%                |  |
| Pantothenic Acid                                                                                                                                                    | 25 mg 250%                | 27.5 mg 270%                |  |
| Calcium                                                                                                                                                             | 800 mg 80%                | 1675 mg 168%                |  |
| Iron                                                                                                                                                                | 6 mg 33%                  | 6 mg 33%                    |  |
| Phosphorus                                                                                                                                                          | 630 mg 63%                | 1300 mg 130%                |  |
| Iodine                                                                                                                                                              | 150 mcg 100%              | 150 mcg 100%                |  |
| Magnesium                                                                                                                                                           | 140 mg 35%                | 220 mg 55%                  |  |
| Zinc (as Zinc Citrate)                                                                                                                                              | 15 mg 100%                | 18.5 mg 123%                |  |
| Selenium                                                                                                                                                            | 70 mcg 100%               | 88 mcg 126%                 |  |
| Copper                                                                                                                                                              | 1 mg 50%                  | 1.04 mg 52%                 |  |
| Manganese                                                                                                                                                           | 2.5 mg 125%               | 2.6 mg 130%                 |  |
| Chromium                                                                                                                                                            | 120 mcg 100%              | 120 mcg 100%                |  |
| Molybdenum                                                                                                                                                          | 75 mcg 100%               | 75 mcg 100%                 |  |
| Sodium                                                                                                                                                              | 330 mg 14%                | 650 mg 27%                  |  |
| Potassium                                                                                                                                                           | 300 mg 9%                 | 1340 mg 38%                 |  |
| Anabolic Amino & Strength Complex                                                                                                                                   |                           |                             |  |
| Glutamine & Glutamic Acid (as Whey Protein Concentrate, Whey Protein Isolate, Milk Protein Isolate, Glutamine Peptides [Hydrolyzed Whey, L-Glutamine], Egg Albumin) | 10000 mg *                | 10000 mg *                  |  |
| Leucine (as Whey Protein Concentrate, Calcium Caseinate, Whey Protein Isolate, Milk Protein Isolate, L-Leucine, Egg Albumin)                                        | 6000 mg *                 | 6000 mg *                   |  |

| Amount Per Serving                                                                                                   | % Daily Value | % Daily Value |
|----------------------------------------------------------------------------------------------------------------------|---------------|---------------|
| Isoleucine (as Whey Protein Concentrate, Calcium Caseinate, Whey Protein Isolate, Milk Protein Isolate, Egg Albumin) | 2500 mg *     | 2500 mg *     |
| Valine (as Whey Protein Concentrate, Calcium Caseinate, Whey Protein Isolate, Milk Protein Isolate, Egg Albumin)     | 2500 mg *     | 2500 mg *     |
| Tyrosine (as Whey Protein Concentrate, Calcium Caseinate, Whey Protein Isolate, L-Tyrosine, Egg Albumin)             | 2000 mg *     | 2000 mg *     |
| Arginine (as Whey Protein Concentrate, Calcium Caseinate, Whey Protein Isolate, Milk Protein Isolate, Egg Albumin)   | 1000 mg *     | 1000 mg *     |
| Creatine (as Creatine Monohydrate)                                                                                   | 1000 mg *     | 1000 mg *     |
| Choline (as Choline Bitartrate)                                                                                      | 250 mg *      | 250 mg *      |
| Inositol                                                                                                             | 250 mg *      | 250 mg *      |
| PABA (as Para-Amino Benzoic 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 Albumin), 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, Thiamine Mononitrate, Pyridoxine HCL, Folic Acid, Molybdenum Amino Acid Chelate, Riboflavin, Potassium Iodide, Cholecalciferol, Copper Oxide, Cyanocobalamin), Medium Chain Triglycerides, Gum Blend (Cellulose Gum, Xanthan Gum, Carrageenan), TRAACS® Magnesium Bisglycinate Chelate, Sucralose, Acesulfame Potassium.

CONTAINS: Egg, Milk and Soybeans.

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

NOTICE: Significant product settling may occur.

TRAACS® is a registered trademark of Albion Laboratories, Inc.

| Typical Amino Acid Profile Per Serving: |          |               |          |
|-----------------------------------------|----------|---------------|----------|
| Arginine                                | 1740 mg  | Methionine    | 1250 mg  |
| Alanine                                 | 2260 mg  | Phenylalanine | 2090 mg  |
| Aspartate                               | 5000 mg  | Proline       | 4070 mg  |
| Cystine                                 | 756 mg   | Serine        | 2810 mg  |
| Glutamine & Glutamic Acid               | 10500 mg | Threonine     | 3100 mg  |
| Glycine                                 | 1370 mg  | Tryptophan    | 918 mg   |
| Histidine                               | 1050 mg  | Tyrosine      | 2420 mg  |
| Isoleucine†                             | 3110 mg  | Valine†       | 3110 mg  |
| Leucine†*                               | 7380 mg  | Total         | 57034 mg |
| Lysine                                  | 4100 mg  |               |          |

† Indicates Branched Chain Amino Acid (BCAA).  
\*Denotes naturally occurring and added free form amino acids.

