

PRO PERFORMANCE® RESULTS

Numbers matter when you want to increase mass and muscle. This scientifically formulated gainer contains 1,340 nutrient-dense calories and 50 grams of high-quality protein to help you increase size and overall body strength.^\* Bulk 1340 also provides 10 grams of glutamine, an important amino acid for maintaining positive immune response and muscle function to support your wellness goals.\*

Branched Chain Amino Acids may help reduce muscle protein breakdown. This formula includes 11 grams of BCAA for muscle recovery and growth and creatine to help your muscles produce energy for exercise.^\*

PRO PERFORMANCE® QUALITY

Bulk 1340 is tested and certified Banned Substance Free.\* It tastes great, mixes easily with a simple shake or blend and is fast absorbing to conveniently support maximum wellness.\*

\*When used in conjunction with an exercise program.

INFORMED-CHOICE

ORG

Trusted by sport

Products bearing this logo have been tested for banned substances by LGC Science, Inc., a world-class anti-doping lab. \*Product was tested for over 145 banned substances on the 2018 World Anti-Doping Agency (WADA) Prohibited List via LGC skip lot testing protocol #ICP0307. See gnc.com for more information.



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

For More Information:  
1-888-462-2548

SHOP NOW @ GNC.COM

Distributed by:  
General Nutrition Corporation  
Pittsburgh, PA 15222 USA

\* 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.

GNC

PRO PERFORMANCE

50G  
PROTEIN

1340  
CALORIES

279G  
CARBS

BULK 1340

High-Calorie Mass Gainer  
Supports Muscle Energy,  
Recovery & Growth^\*

DIETARY SUPPLEMENT  
Net Wt 7.14 lb (114.24 oz) 3240 g

COOKIES & CREAM  
NATURAL & ARTIFICIAL FLAVORS



CODE 414781  
DIRECTIONS: As a dietary supplement, mix four heaping scoops (360 g) with 24 fl. oz. of cold water or milk. Consume 1-2 servings per day.

Supplement Facts

Serving Size	4 Heaping Scoops (360 g) in Water	4 Heaping Scoops (360 g) in 2% Milk
Servings Per Container	9	9
Amount Per Serving	% Daily Value	% Daily Value
Calories	1340	1710
Total Fat	3 g 4%†	18 g 23%†
Saturated Fat	2 g 10%†	11 g 55%†
Cholesterol	65 mg 22%	125 mg 42%
Total Carbohydrate	279 g 101%†	314 g 114%†
Dietary Fiber	3 g 11%†	3 g 11%†
Total Sugars	12 g *	47 g *
Protein	50 g	74 g
Vitamin A	3000 mcg 334%	3417 mcg 380%
Vitamin C	60 mg 67%	60 mg 67%
Vitamin D	5 mcg 25%	13.9 mcg 70%
Vitamin E	20.1 mg 134%	20.1 mg 134%
Thiamin	4.8 mg 400%	5.1 mg 425%
Riboflavin	4 mg 308%	5.3 mg 408%
Niacin	50 mg 313%	50.6 mg 316%
Vitamin B-6	5 mg 294%	5.3 mg 312%
Folate	667 mcg DFE 167% (400 mcg Folic Acid)	725 mcg DFE 181% (435 mcg Folic Acid)
Vitamin B-12	10 mcg 417%	13.5 mcg 563%
Biotin	300 mcg 1000%	300 mcg 1000%
Pantothenic Acid	25 mg 500%	27.5 mg 550%
Calcium	800 mg 62%	1675 mg 129%
Iron	6 mg 33%	6 mg 33%
Phosphorus	630 mg 50%	1300 mg 104%
Iodine	150 mcg 100%	150 mcg 100%
Magnesium	140 mg 33%	220 mg 52%
Zinc	15 mg 136%	18.5 mg 168%
Selenium	70 mcg 127%	88 mcg 160%
Copper	1 mg 111%	1 mg 111%
Manganese	2.5 mg 109%	2.6 mg 113%
Chromium	120 mcg 343%	120 mcg 343%
Molybdenum	75 mcg 167%	75 mcg 167%
Sodium	450 mg 20%	800 mg 35%
Potassium	450 mg 10%	1490 mg 32%
Anabolic Amino Maximizer	24 g *	36 g *
Glutamine & Glutamic Acid (as Whey Protein Concentrate, Calcium Caseinate, Whey Protein Isolate, Milk Protein Isolate, Glutamine Peptides [Hydrolyzed Whey, L-Glutamine], Egg Albumen)	10 g *	15 g *
Leucine (as Whey Protein Concentrate, Calcium Caseinate, Whey Protein Isolate, Milk Protein Isolate, L-Leucine, Egg Albumen)	6 g *	8.5 g *
Isoleucine (as Whey Protein Concentrate, Calcium Caseinate, Whey Protein Isolate, Milk Protein Isolate, Egg Albumen)	2.5 g *	4 g *
Valine (as Whey Protein Concentrate, Calcium Caseinate, Whey Protein Isolate, Milk Protein Isolate, Egg Albumen)	2.5 g *	4 g *

Amount Per Serving	% Daily Value	% Daily Value
Tyrosine (as Whey Protein Concentrate, Calcium Caseinate, Whey Protein Isolate, L-Tyrosine, Egg Albumen)	2 g *	3 g *
Arginine (as Whey Protein Concentrate, Calcium Caseinate, Whey Protein Isolate, Milk Protein Isolate, Egg Albumen)	1 g *	1.5 g *
Energizing ATP Complex	1.505 g *	1.615 g *
Creatine (as Creatine Monohydrate)	1 g *	1 g *
Choline (as Choline Bitartrate)	250 mg *	360 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 Albumen), Cookie Bits (Rice Flour, Sugar, Canola Oil, Cocoa [Processed with Alkali], Rice Starch, Baking Soda, Salt), 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, Thiamin 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. Inform your physician of this product's biotin content before any lab test.

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.  
Gluten Free.



WAYS TO ENJOY YOUR  
BULK 1340

1 SHAKE  
Combine with cold water, milk or your favorite beverage in a shaker cup

2 BLEND  
Make a delicious smoothie adding fruits, juices, peanut butter or yogurt