To gain mass, you need lots and lots of calories!

Chromium - to help drive aminos and carbs into muscle tissue where they can give you massive gains.

No other gainer has what you may need: 6000 calories a day. In fact, nothing else will work without calories! The control fat: none! Plus the finest and most advanced gainer on the planet, bar none!

Too many athletes struggle on less than half this amount of carbohydrate that gets converted to energy to recover fast with less conversion to fat.

**Ultra High-Density Super Heavyweight Gainer 1200™**

- **HyDrolyzed Whey protein**
- **Casein**
- **EFA’s**
- **Citrimax™**

These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

**Recommended use:**

For 1200 calories, gradually add 4 scoops of shwg into 2 cups of water in 2 glasses. To limit your fat calories by 30% of the total calories, mix 3 scoops of shwg into 2 cups of water each day. To limit your fat calories by 50% of the total calories, mix 2 scoops of shwg into 2 cups of water each day. To maximize muscle gains, keep your body saturated with calories and you will maximize gains.

**Mid-Morning:** drink 1 shake before lunch.

**Pre-Workout:** 1 to 1.5 hours before training, drink 1 shake. Drink 2 shakes immediately after training. Drink at least 4 meals of regular food each day.

**Post-Workout:** have another delicious shwg shake immediately after training to feed your hungry muscles. This is when your body can use calories and proteins most efficiently, and you need the fuel for muscle growth.

**More Calories, Less Saturation:**

Each serving of shwg contains 66 grams of protein, 900 calories, and 70 grams of carbohydrates. This is the highest protein and calorie gainer on the market. If you are using any medications, please consult your physician before using this or any other dietary supplement.

**Dietary supplement net Wt. 6.6 lbs (3000 g)**

**66 g of Protein per Serving!**

**ALL NATURAL**

**Supplement Facts**

- **Protein:** 66 g
- **Carbohydrates:** 208 g
- **Fats:** 90 g
- **Calories:** 1200

**Ingredients:**

- Hydrolyzed whey protein, casein, enzyme-modified whey protein, skim milk, soy protein concentrate, soy lecithin (as an emulsifier), sucralose, natural flavoring, citric acid, sodium bicarbonate, pyridoxine hydrochloride, calcium carbonate, thiamine hydrochloride, vitamin C, niacin, vitamin D3, riboflavin, vitamin B6, zinc oxide, copper gluconate, molybdenum oxide, manganese gluconate, selenium amino acid chelate, vitamin A palmitate, vitamin E acetate, vitamin B12, inositol, pyridoxal 5-phosphate, folic acid, vitamin B2, (as cyanocobalamin), vitamin B3, vitamin B6, (as pyridoxine), vitamin B1, (as thiamine hydrochloride), vitamin B5, (as calcium pantothenate), calcium carbonate, choline chloride, vitamin K1, vitamin B6, (as pyridoxine), vitamin B5, (as calcium pantothenate), vitamin B1, (as thiamine hydrochloride), vitamin B3, (as niacinamide), vitamin B2, (as riboflavin), vitamin B5, (as calcium pantothenate), vitamin B1, (as thiamine hydrochloride), vitamin B3, (as niacinamide)

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