

Super HeavyWeight Gainer 1200™ Ultra High-Density

Champion Nutrition defines the state-of-the-art in gainers once again...
At 1200 calories per glass, SUPER HEAVYWEIGHT GAINER 1200™ has more calories and protein (up to 66 grams) per glass* than any gainer ever! Its irresistible flavors utilize a new technology we call, Double-Melted-ice-Cream™

To Gain Mass You Need Lots and Lots of Calories!

In fact nothing else will work without calories! The athletes that discover this are the ones that gain the mass. The rest don't.

You May Need 6000 Calories a Day to Gain the Kind of Mass You Want!

Too many athletes struggle on less than half this number! Let's do the math. If you eat just three regular meals a day at 900 calories each, and add three SHWG** shakes at 3600 calories, you've just taken in a whopping 6300 calories! No bloat.... No problem.

No Other Gainer Has What SUPER HEAVYWEIGHT GAINER 1200™ Has!

Packed with vitamins, minerals, protein, and even fiber to keep everything working right, SHWG is the finest and most advanced gainer on the planet, bar none! Plus SHWG contains these ingredients to help control fat:

CitriMax™ (hydroxycitrate) - to help reduce the amount of carbohydrate that gets converted to fat.

Chromium - to help drive aminos and carbs into muscle tissue where they can give you massive size without fat.

MCT's (medium-chain triglycerides) - to give you energy to recover fast with less conversion to fat.

Use SHWG up to 3 Times a Day

Mid-Morning - have your first shake before lunch. Don't go more than 2.5 hours without a quality, high-calorie meal (with at least 50 grams of protein) to maximize muscle gains. Keep your body saturated with calories and you will maximize gains, otherwise you may be chewing up precious muscle for energy.

Pre-Workout - 1 to 1.5 hours before training, drink SHWG to guarantee you get the most powerful workout possible without cannibalizing muscle for energy.

Post-Workout - have another delicious SHWG shake immediately after training to feed your hungry muscles. This is when your muscles may take in as much as 85% of the nutrients they will use over the next 24 hours for growth and recovery! Miss this and you may miss the boat for muscle growth.

More Calories, Less Saturated Fat!

Each serving of SHWG gives you more fat calories than one 20 oz. premium ice cream milkshake, yet it contains less saturated fat—48% less saturated fat. Plus SHWG is fortified and contains essential fatty acids. So if you want calories, SHWG gives them to you... the right way!§

For muscle-building, this product is intended to be used in conjunction with a safe and intense program of physical exercise.

* Refers to a 20 oz. glass.

** SHWG refers to Super HEAVYWEIGHT GAINER 1200™.

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

CHAMPION NUTRITION

SUPER HEAVYWEIGHT GAINER 1200™

ULTRA HIGH-DENSITY MASS GAINER

UP TO 1200 CALORIES IN A SINGLE GLASS!

66 g OF PROTEIN PER SERVING!

ALL NATURAL

DIETARY SUPPLEMENT Net Wt. 6.6 lbs (3000 g)
DOUBLE FUDGE CHOCOLATE

Supplement Facts

Serving Size 4 Scoops (200g)
Servings Per Container 15

Amount Per Serving	in water	%DV*	in milk	%DV*
Calories	900		1200	
Calories from Fat	260		400	
Total Fat**	29 g	45%	45 g	69%
Saturated Fat †	9 g	45%	19 g	95%
Polyunsaturated Fat	5 g		5.5 g	
Monounsaturated Fat	15 g		20 g	
Trans Fat	0 g		0 g	
Cholesterol	110 mg	37%	180 mg	60%
Sodium	490 mg	20%	750 mg	31%
Potassium	1130 mg	32%	1870 mg	53%
Total Carbohydrate	108 g	36%	131 g	44%
Dietary Fiber	6 g	24%	6 g	24%
Sugars ††	57 g		81 g	
Protein	50 g	100%	66 g	132%
Vitamin A (20% as beta-carotene)	2000 IU	40%	2600 IU	52%
Vitamin C	30 mg	50%	35 mg	58%
Vitamin D	200 IU	50%	400 IU	100%
Vitamin E	45 IU	150%	45 IU	150%
Thiamin	750 mcg	50%	750 mcg	50%
Riboflavin	850 mcg	50%	850 mcg	50%
Niacin	10 mg	50%	10 mg	50%
Vitamin B6	1 mg	50%	1 mg	50%
Folate	200 mcg	50%	200 mcg	50%
Vitamin B12	3 mcg	50%	5.2 mcg	87%
Biotin	150 mcg	50%	150 mcg	50%
Pantothenic Acid	5 mg	50%	5 mg	50%
Calcium	500 mg	50%	1100 mg	110%
Iron	9 mg	50%	9 mg	50%
Phosphorus	300 mg	30%	760 mg	76%
Iodine	75 mcg	50%	75 mcg	50%
Magnesium	200 mg	50%	200 mg	50%
Zinc	7.5 mg	50%	7.5 mg	50%
Selenium	21 mcg	30%	21 mcg	30%
Copper	1 mg	50%	1 mg	50%
Manganese	1 mg	50%	1 mg	50%
Chromium	60 mcg	50%	60 mcg	50%
Molybdenum	15 mcg	20%	15 mcg	20%
Chloride	170 mg	5%	170 mg	5%
CitriMax*	550 mg	§	550 mg	§

* Percent Daily Values are based on a 2,000 calorie diet.

** Includes high-oleic and essential fatty acids from safflower and canola.

† 60% from MCT's, safflower and canola.

†† Includes 9g lactose sugar in dry powder.

§ Percent Daily Values not established.

**CHAMPION
NUTRITION**

© 2008 CHAMPION NUTRITION
1301 SAWGRASS CORPORATE PARKWAY, SUNRISE, FL 33323
1-800-225-4831 MADE IN USA
www.CHAMPIONNUTRITION.com

INGREDIENTS: Peptol-99 (proprietary protein-amino acid blend which contains: whey protein concentrate, whey protein hydrolysate, egg albumen, glycine), fructose, Metacarb-99 (proprietary carbohydrate blend which contains: low-glycemic index maltodextrin and enzyme-modified food starch), Calorex Lipids (Proprietary oil blend which contains: canola oil, safflower oil, medium-chain triglycerides), lowfat dutch cocoa, whey, milk powder, butter powder, vitamin-mineral blend consisting of: (dicalcium phosphate, magnesium oxide, potassium phosphate, potassium citrate, vitamin E acetate, ascorbic acid, ferrous fumarate, beta-carotene, boron protein, biotin, niacinamide, zinc oxide, manganese gluconate, vitamin A palmitate, calcium pantothenate, molybdenum amino acid chelate, copper gluconate, folic acid, Vitamin D3, copper sulfate, pyridoxine hydrochloride, thiamine mononitrate, riboflavin, chromium polynicotinate, selenium amino acid chelate, potassium iodide, cyanocobalamin), soy lecithin (as an emulsifier), CitriMax™ (garcinia cambogia), salt, and natural flavoring. *Contains milk, egg, and soy derivatives.*

RECOMMENDED USE:

For 1200 calories: gradually add 4 scoops of SHWG into 2 cups (16oz. or 500ml) of cold milk with continuous mixing. If you wish to limit your fat calories by 30% of the total calories, mix SHWG in 2 cups of water instead of milk (if you are not used to high calorie meals, drink slowly over a 1/2 hr. period).

USE UP TO 3 TIMES DAILY:

Mid-Morning, Pre-Workout (1 to 1.5 hours before training), and immediately after training. Eat at least 4 meals of regular food each day.

If you are not physically active or if you are concerned about gaining fat, limit yourself to one serving a day 1 hour prior to training for the first month so you can assess any fat gain. Then adjust your intake accordingly.

ALLERGY WARNING: Produced in a facility that processes milk, egg, soy, and crustacean shellfish derivatives.

This product is intended for human use by healthy, physically active adults. If you are pregnant, lactating, under medical care or using any medications, please consult your physician before using this or any other dietary supplement.

Contents may settle: filled by weight, not by volume.

Product Code: SHC6 0.1:0.1:0608

