

GAINZ SHAKES

ENHANCE YOUR WORKOUT WITH OUR MUSCLE RECOVERY PROTEIN OR MAKE IT A GAINZ FULL MEAL. BENEFITS: NSF CERTIFIED PROTEIN THAT DECREASES SORENESS AND REBUILDS FATIGUED MUSCLES OVER A MULTI-HOUR PERIOD.

PROTEIN ONLY

REG (24OZ) ... \$6

24G WHEY + CASEIN PROTEIN, BCAA, L-GLUTAMINE
SERVED OVER ICE OR HOT

CHOCOLATE
STRAWBERRY
VANILLA

GAINZ MEAL

MEGA (32OZ) ... \$10

295 CALORIES / 33G WHEY + CASEIN PROTEIN / 28 CARBS / 2.5G FAT

CHOCOLATE PB BANANA
CHOCOLATE CAKE
STRAWBERRY SHORTCAKE
STRAWBERRY BANANA
VANILLA ICE CREAM
ORANGE DREAMSICLE
MANGO PINEAPPLE
PUMPKIN SPICE
MINT CHOCOLATE CHIP
CINNAMON ROLL

ENHANCERS

GREENS BOOSTER.....\$5
B12 ENERGY KICKER.....\$3
COLLAGEN.....\$3
FAT REDUCER SHOT.....\$5
ACTIVE FIBER (5G).....\$3
PROBIOTIC.....\$2

