

<b>PRODUCT NAME</b>		
<b>SPORTS NUTRITION MASS GAINER</b>		
<b>Brand Name:</b> Absolute Mass Gainer		
<b>NUTRITIONAL INFORMATION</b>		
<b>Nutrients</b>	<b>Unit</b>	<b>Quantity/100g</b>
Energy	kcal	394
Fat	g	6
Carbohydrate	g	77
Protein	g	8
<b>Vitamins</b>		
Vitamin A	I.U	1161
Vitamin D2	I.U	193.54
Vitamin C	mg	26.6
Vitamin B1	mg	0.83
Vitamin B2	mg	0.96
Vitamin B3	mg	11.61
Vitamin B5	mg	3.22
Vitamin B6	mg	1.2
Vitamin B7	mg	19.35
Folic Acid	mcg	80
Vitamin B12	mcg	0.64
<b>Minerals</b>		
Sodium	mg	120
Potassium	mg	45
Calcium	mg	322.58
Phosphorus	mg	150
Magnesium	mg	50
Iron	mg	6
Zinc	mg	4.5
Copper	mg	0.87
Iodine	mcg	6
Selenium	mcg	22
Chromium	mcg	21.29
Manganese	mcg	2
<b>Other ingredients</b>		
Creatine Monohydrate	mg	3000
L-Glutamine	mg	55
Taurine	mg	20
Choline	mg	7.5
Inositol	mg	7.5
Ginseng	mg	5



**Ingredients:** Maltodextrin, Whole Milk Powder, Whey Protein Concentrate, Vitamins & Minerals

- **Flavour** : Strawberry, Chocolate & Vanilla
- **Dosage Form** : Dry Powder
- **Indication** : For Gaining Muscle Mass
- **Shelf Life** : 18 months
- **Packing** : 3 Kg
- **Serving Instructions** : 3 Scoops(150g) in 350-400 ml water
- **Storage Conditions** : Store in a cool & dry place away from sunlight.

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