

MAGNUM
NUTRITION
HEALTHY WAY OF LIVING

MUSCLE GROWTH / EXTREME POWER / STRENGTH /
ENERGY / IMMUNITY / ENDURANCE / RECOVERY

LEAN GAIN



CHOCO DELIGHT
NATURAL & ARTIFICIAL FLAVORS

60 SERVINGS

*2 SERVINGS WITH SKIM MILK

48.6g*
PROTEIN

76g*
CARBS

466*
CALORIES

2.8g*
FIBRE

3g*
CREATINE

7.83g*
L-GLUTAMINE

1g*
TAURINE

1.38g*
ARGININE

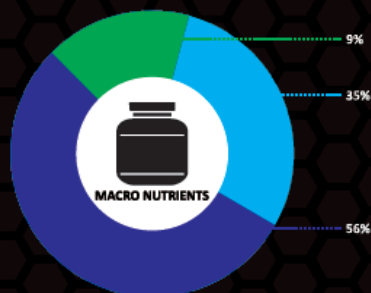
11.5g*
BCAA

MAGNUM NUTRITION'S GUARANTEE-

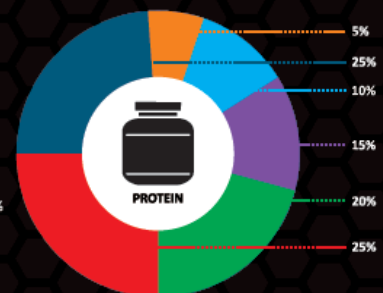
MAGNUM LEAN GAIN 1:1.5 ratio of Protein to Carbs works to help optimize Lean Muscle mass gains while minimizing body fat gain.

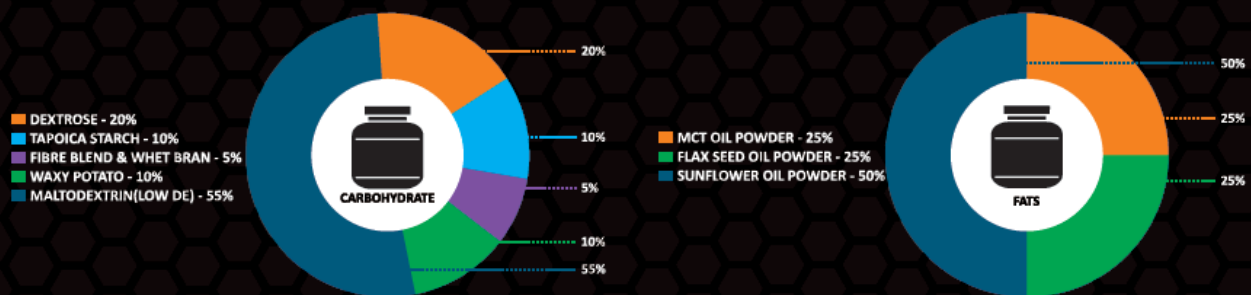
You can use it as a Meal replacer or ideally consume it twice a day with skim Milk to gain maximum benefit.

FAT & OTHER - 9%
CARBOHYDRATES - 56%
PROTEIN - 35%



MISCELLAR CASEIN - 5%
EGG ALBUMEN - 10%
MILK PROTEIN - 15%
AMINOS - 20%
WHEY CONCENTRATE - 25%
WHEY PROTEIN ISOLATE - 25%





Ingredients List: Carbohydrate Source (Maltodextrin (Low DE), Dextrose, Tapioca Starch, Waxy Potato Starch, Wheat Bran & FIBRIM), Protein Blend (Whey Concentrate, Whey Protein Isolate, Milk protein, Egg Albumen, Miscellar Casein) Healthy Fats Powdered Blend (Flax Seed Oil, MCT Oil, Sunflower Oil)Amino Acid Blend (Creatine Monohydrate, L - Glutamine, L - Arginine, Taurine, BCAA), Fibre Blend (FOS & Wheat Bran) Alk. Cocoa Solids, Natural & Nature Identical Flavor, Thickner (INS 415), Emusifier (INS 322), Sweetner (INS 955), Multi Vitamins, Multi Minerals, Salt, DIGEZYME (Digestive Enzyme Blend).

(*) Sucrose / (#) Approximate Values on Dry Basis

Allergen Information: Contains milk and soy (Leithin) ingredients.

Recommended Usage:

Choose your Magnum Lean Gain as per your convenience

✂ **Breakfast: Consume Magnum Lean Gain along with breakfast with skim milk to kick start your day.**

✂ **In-between meals: Consume one shake in-between meals to support a high-calorie diet for a sustained calorie supply.**

✂ **Before bed: Consume one shake with skim milk about 45-60 minutes before you sleep to fuel your muscles while sleeping.**

Note: Do Not Exceed 4 scoops (200g) in a day.

Nutrition Facts: Magnum Mass Gainer-Choco Delight		
Serving Size: 1 Heaping Scoop(50g)		
Servings Per Container: 3 kg (60 Servings)		
Amount Per Serving	2 scoops (100g)	2 scoops (100gm)
Approximate Values	with 400ml Water	With 400ml Skim Milk
Energy (Kcal)	326	466
Calories from Fat (Kcal)	10	13.6
Protein (g)	35	48.6
Total Carbohydrates (g)	56	76
Added Sugar (Sucrose)	0	0
Dietary Fibre (g)	2.8	2.8
Total Fat (g)	2.5	2.9
Trans Fatty Acids (g)	0.16	0.16
Cholesterol (mg)	12	20
Micronised Creatine Monohydrate (g)	3	3
L-Glutamine (g)	2	4.03
Taurine (g)	1	1
L-Arginine (g)	1	1.38
Instantized L-Leucine (g)	1	3.52
Instantized L-Iso Leucine (g)	0.5	2.42
Instantized L-Valine (g)	0.5	1.38
Vitamin B3 (mg)	60	60
Vitamin B6 (mcg)	200	200
Vitamin B12 (mcg)	2000	2000
Vitamin C (mg)	400	400
Calcium (mg)	800	1060
Phosphorus (mg)	400	400
Magnesium (mg)	160	160
Copper (mg)	300	300
Selenium (mcg)	70	70
Zinc (mg)	8.8	8.8
Iodine (mcg)	280	280
Iron (mg)	80	80
Sodium (mg)	280	460
Potassium (mg)	300	924
Chloride (mg)	400	400
Alpha Lipoic Acid (mg)	100	100
DIGE ZYME [®] Digestive Enzyme Blend (mg)	100	100

Under the Microscope:

Let's take a closer look some of the ingredients and amounts used to make LEAN GAIN-

- **5 Stage Protein Matrix**

1. LEAN GAIN is an exclusive protein blend designed to help you build muscle, recover faster and train stronger. It helps to boost strength, add size or get shredded. It's a powerful blend of proteins that add up to pure muscle fuel.
2. LEAN GAIN is a Superior Bio Active Sustain Release Protein Blend of Whey Concentrate, Whey Protein Isolate, Milk protein, Egg Albumen, Miscellar Casein.
3. This protein blend provides just enough fast-digesting whey to quickly spike muscle protein synthesis, plus adequate amounts of slow-digesting casein to keep protein synthesis elevated for several hours after ingestion. Egg white protein provides a medium-digesting protein source that also provides higher levels of sulfur-containing amino acids as compared to dairy protein.
4. Since muscle protein synthesis leads to muscle growth, elevating muscle protein synthesis for longer can have a significant impact on your overall gains.

- **Carb Blend**

1. LEAN GAIN delivers a 1 : 1.5 ratio of protein to carbs. This is critical. Consume too many carbs, and you'll gain body fat in addition to muscle. Take in too few carbs, and you won't optimize muscle growth. The ratio of protein to carbs helps keep the gains lean and steady.
2. Carbohydrate blend (Maltodextrin (Low DE), Dextrose, Tapioca Starch, Waxy Potato Starch, Wheat Bran & FIBRIM) along with Fibre Blend (FOS & Wheat Bran) it provides a small amount of quick fuel followed by a larger amount of long-lasting fuel to help provide energy from the start of your workout all the way to the end. Research further shows that when consuming carbs before and/or during workouts, the body's testosterone-to-cortisol ratio is higher, suggesting the body is in a more anabolic state.

- **Healthy Fat Blend**

1. LEAN GAIN Supplies Healthy Fats Powdered Blend (Flax Seed Oil, MCT Oil, Sunflower Oil) is the most critical macronutrient, especially if gaining muscle mass and strength is important to you.

2. It helps to lose weight, reduce Body Fat percentage or boost their endurance during a workout.

- **Creatine Monohydrate**

1. Improve size and strength, promote muscular endurance and promote muscle recovery.
2. Enhancing strength for workout & Improving athletic performance.
3. Increasing fat free body mass.
4. Faster muscle recovery.

- **L-Glutamine**

1. Supports Muscle Growth, Immunity, Recovery & Stimulate Growth Hormone production

- **L – Arginine**

1. Boosts performance with increased energy and stamina
2. Helps increase blood flow & Enhances oxygen availability to muscle cells

- **Taurine**

1. Taurine is a specialized amino acid that is important for endurance and muscle strength.
2. Exercise depletes taurine levels, thereby impairing strength and endurance, so it's critical to get a proper amount of taurine after every workout to replenish what was lost.

- **Alpha Lipoic Acid**

1. Rejuvenates Health By Increasing Metabolic Activities. Enhances Immunity And Prevents Diseases
2. Helps recycles antioxidant nutrients such as vitamin C and vitamin E

- **Multi Vitamins & Minerals**

1. LEAN GAIN has 11 Essential Minerals & 4 Essential Vitamins for overall Health & Endurance

- **Protein Digestive Enzyme Blend**

1. Advanced Digestive Enzyme Blend which helps in easy digestion and absorption of Protein from Intestine