



CORE NUTRITIONALS®

# GROW

## WHOLE FOOD BASED MASS GAINER

HIGH QUALITY PROTEIN BLEND<sup>†</sup> | WHOLE FOOD CARB BLEND<sup>†</sup>  
SUPERIOR FATTY ACIDS<sup>†</sup> | NO MALTODEXTRIN OR FILLERS<sup>†</sup>  
VELOSITOL™ | DIGESEB™

### CHOCOLATE PEANUT BUTTER CUP

NATURALLY FLAVORED DIETARY SUPPLEMENT

**20 SERVINGS • NET WT. 10 LBS (4536 G)**



Core Nutritionals® is committed to producing only the best of the best in any given category. The category of mass gainers has often been filled with low quality but still high calorie options. Core's commitment to this space with Core GROW is revolutionizing what a mass gainer should be: one that stands out for its commitment to using only high-quality ingredients and that is known to deliver on the name GROW. This whole food based mass gainer is formulated with a blend of nutrient-dense foods like oats, sweet potato, cold-processed whey protein, milk protein isolate, and coconut oil, which provide a balanced mix of carbohydrates, protein, and healthy fats. Additionally, we have added patented Velositol® to boost muscle protein synthesis, as well as a blend of digestive enzymes to assist in proper breakdown of Core GROW's beneficial ingredients. Core Nutritionals® is further committed to avoiding low quality fillers, like maltodextrin, which are often used to bulk up formulas but offer very little nutritional value. With Core Nutritionals® you can trust that no corners are cut.†

**⚠ WARNING:** Consuming this product can expose you to chemicals including lead, which are known to the State of California to cause cancer. For more information, go to [www.P65Warnings.ca.gov](http://www.P65Warnings.ca.gov)

**WARNING:** This product is only intended for use in healthy adults 18 years of age or older. Pregnant or nursing women should not use this product. Consult your healthcare provider before using this product, especially if you are taking any prescription, over the counter medication, dietary supplement product, or if you have any pre-existing medical condition including but not limited to: high or low blood pressure, cardiac arrhythmia, stroke, heart, liver, kidney or thyroid disease, seizure disorder, psychiatric disease, diabetes, difficulty urinating due to prostate enlargement, or if you are taking a MAOI (Monoamine Oxidase Inhibitor) or any other medication. Discontinue use and consult your health care professional if you experience an adverse reaction to this product. Do not exceed recommended serving. Do not use if safety seal is broken or missing. Keep out of reach of children.

**DIRECTIONS:** Add 4 scoops to 16-20 ounces of cold water or milk (according to preferred thickness and flavor) and shake or stir until mixed.

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

## Supplement Facts

Serving Size: 4 scoops (233.2 g)  
Servings Per Container: About 20

	Amount Per Serving	%DV
<b>Calories</b>	880	
<b>Total Fat</b>	17 g	21%
Saturated Fat	8 g	40%
Trans Fat	0 g	**
<b>Cholesterol</b>	90 mg	30%
<b>Total Carbohydrate</b>	136 g	49%
Dietary Fiber	17 g	61%
Total Sugars	36 g	**
Includes 30g of Added Sugars		60%
<b>Protein</b>	50 g	100%
Vitamin A	2940 mcg RAE	327%
Calcium	435 mg	34%
Iron	7.7 mg	43%
Phosphorus	753 mg	60%
Magnesium	50 mg	12%
Chromium (as chromium histidinate, chromium picolinate)	1000 mcg	2857%
Chloride	186 mg	8%
Sodium	255 mg	11%
Potassium	955 mg	20%
Amylopectin Chromium Complex (Velositol™)	2000 mg	**

\* Percent Daily Values are based on a 2,000 calorie diet.  
\*\* Daily Value not established.

## Typical Amino Acid Profile

Amount Per Serving

Alanine	2175 mg
Arginine	1544 mg
Aspartic Acid	4682 mg
Cysteine	970 mg
Glutamic Acid	8763 mg
Glycine	1012 mg
Histidine †	1031 mg
Isoleucine ‡	2775 mg
Leucine ‡	5022 mg
Lysine †	4161 mg
Methionine †	1195 mg
Phenylalanine †	1947 mg
Proline	3407 mg
Serine	2516 mg
Threonine †	2893 mg
Tryptophan ‡	807 mg
Tyrosine	1893 mg
Valine ‡	2912 mg

† Essential Amino Acids  
‡ BCAA's  
‡ The L-Tryptophan indicated is from naturally occurring sources of protein.

**INGREDIENTS:** Oat Flour Powder (120g, yielding 16g protein), Cold-Processed Undenatured Whey Protein Concentrate (30g, yielding 24g protein), Organic Cane Sugar, Sweet Potato Powder (*Ipomoea batatas*)(tuber) (20g, yielding 11g protein), Milk Protein Isolate (9.44g, yielding 8.5g protein), Coconut Oil Creamer, Sunflower Lecithin and Silicon Dioxide (flow agent), Cocoa Powder (4.5g, yielding 1g protein), Natural Flavors, Peanut Flour Powder, Sunflower Lecithin, Sodium Chloride, Sucralose, DigeSEB™ Digestive Enzyme Blend (Amylases, Lactase, Proteases, Lipase, Cellulase).

**ALLERGEN INFORMATION:** Contains milk, tree nut (coconut), peanut, and wheat. Manufactured in a facility that also process ingredients containing milk, eggs, fish, shellfish, tree nuts, peanut, wheat, sesame, and soy.

**VELOSITOL**  
Velositol® and Velositol® logo are trademarks of Nutrition 21, LLC. Velositol® is patent protected.

Manufactured in a U.S. cGMP Facility.  
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>> Protect from heat, light and moisture.  
>> Store at 10-25°C (50-77°F)

