

Stick To The Basics.



The squat. It's a classic. It's the foundation of your training. Why? Because the squat can pack on muscle like nothing else. But all the training in the world won't mean squat if you're not eating enough. Mass is all about calories. With Real Gains, we've taken a classic, the "weight gainer", and improved the formula. Look at Real Gains' calorie-packed profile and you'll see what we mean.

Protein? How about expensive micellar casein & whey isolates. Carbs? Special low "DE" complex carbs and only 5g of sugar (absolutely no sucrose or fructose). Fats? Important fats from EFAs and MCTs. So the next time you're looking to add quality lean muscle and not fat, remember to eat right. Because quality gains come from quality calories. Real Gains. Only from Universal Nutrition.



Every Body Is Different. Good Nutrition Is Universal.

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