



BE EXCELLENT

TECHNICAL DATASHEET

Supreme Gainers 2.0 GoldNutrition®

Maximum Muscle Growth and Recovery

Suitable For:

- Obtain greater muscle volume
 - Increase weight.
 - Recover faster between workouts.
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Presentation: 2.9 kg, Flavours: Strawberry, Vanilla, Chocolate.

Reference: Strawberry: GN61114; Vanilla: GN61115; Chocolate: GN61113

Supreme Gainers 2.0 GoldNutrition® is a hypercaloric formula that now adds creatine monohydrate to a new matrix of carbohydrates and proteins of high biological value, for complete recovery and increase in muscle mass.

The proteins contained in **Supreme Gainers 2.0 GoldNutrition®** are obtained from milk and have a high concentration of BCAAs. This formula combines fast-absorbing proteins (whey) and slow absorption (caseins) allowing for effective protein synthesis at the muscular level.

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COMPOSITION**Chocolate Flavour**

Nutrition Declaration	Per 100 g	Per serving ***
Energy	1615 kJ / 382 kcal (19% ^{**})	3875 kJ / 916 kcal (46% ^{**})
Fat	4,4 g (6% ^{**})	11 g (15% ^{**})
Of which Saturates	3,4 g (17% [*])	8,2 g (41% ^{**})
Carbohydrates	59 g (23% ^{**})	142 g (54% ^{**})
Of which Sugars	4,2 g (5% ^{**})	10 g (11% ^{**})
Fibre	2,8 g	6,7 g
Proteins	26 g (52% ^{**})	62 g (125% ^{**})
Salt	0,40 g (7% ^{**})	0,96 g (16% ^{**})
Of which Sodium	160 mg	384
Thiamin	1,5 mg (13% [*])	3,6 mg (30% [*])
Riboflavin	10 mg (13% [*])	24 mg (30% [*])
Niacin	0,14 mg (13% [*])	0,34 mg (31% [*])
Pantothenic Acid	0,18 mg (13% [*])	0,43 mg (31% [*])
Vitamin B6	2,0 mg (12% [*])	4,8 mg (30% [*])
Vitamin B12	0,18 mg (13% [*])	0,43 mg (31% [*])
Vitamin C	0,31 mg (13% [*])	0,74 mg (30% [*])
Vitamin E	0,75 mg (13% [*])	1,8 mg (30% [*])
Zinc	1,3 mg (13% [*])	3,1 mg (31% [*])
Composition	Per 100 g	Per serving ***
Creatine Monohydrate	2,1 g	5 g

* **NRV** / Nutrient reference value. ****RI** – Reference intake of an average adult (8400 kJ/2000 kcal). *** **1 serving**= 2 shakes (240 g powder + 300-400 ml water)

INGREDIENTS: maltodextrin, protein blend [**whey** protein concentrate (emulsifier (E322 **soy**)), skim **milk** powder, micellar **casein**] (**milk**), amylopectin, *cocoa powder*, creatine monohydrate, MCT oil powder (medium chain triglycerides)(**milk**), flavouring, thickeners (E412, E415), salt, sweetener (E955), vitamin C, zinc, vitamin E, niacin, pantothenic acid, riboflavin, vitamin B6, thiamin, vitamin B12. **Can contain traces of gluten, egg, celery, mustard, sulphites, fish, crustaceans, peanuts and nuts.**

Strawberry Flavour

Nutrition Declaration	Per 100 g	Per serving ***
Energy	1628 kJ / 384 kcal (19% ^{**})	3906 kJ / 922 kcal (46% ^{**})
Fat	3,1 g (4% ^{**})	7,6 g (11% ^{**})
Of which Saturates	2,6 (13% [*])	6,3 g (32% ^{**})
Carbohydrates	63 g (24% ^{**})	152 g (59% ^{**})
Of which Sugars	4,8 g (5% ^{**})	12 g (13% ^{**})
Fibre	0,8 g	2 g
Proteins	25 g (50% ^{**})	60 g (121% ^{**})
Salt	0,39 g (7% ^{**})	0,95 g (16% ^{**})
Of which Sodium	156 mg	374
Thiamin	1,5 mg (13% [*])	3,6 mg (30% [*])
Riboflavin	10 mg (13% [*])	24 mg (30% [*])



BE EXCELLENT

TECHNICAL DATASHEET

Niacin	0,14 mg (13%*)	0,34 mg (31%*)
Pantothenic Acid	0,18 mg (13%*)	0,43 mg (31%*)
Vitamin B6	2,0 mg (12%*)	4,8 mg (30%*)
Vitamin B12	0,18 mg (13%*)	0,43 mg (31%*)
Vitamin C	0,31 mg (13%*)	0,74 mg (30%*)
Vitamin E	0,75 mg (13%*)	1,8 mg (30%*)
Zinc	1,3 mg (13%*)	3,1 mg (31%*)
Composition	Per 100 g	Per serving (240 g)
Creatine Monohydrate	2,1 g	5 g

* **NRV** / Nutrient reference value. ****RI** – Reference intake of an average adult (8400 kJ/2000 kcal). *** **1 serving**= 2 shakes (240 g powder + 300-400 ml water)

INGREDIENTS: maltodextrin, protein blend [**whey** protein concentrate (emulsifier (E322 **soy**)), skim **milk** powder, micellar **casein**] (**milk**), amylopectin, *cocoa powder*, creatine monohydrate, MCT oil powder (medium chain triglycerides) (**milk**), flavouring, thickeners (E412, E415), *color (E162)*, salt, sweetener (E955), vitamin C, zinc, vitamin E, niacin, pantothenic acid, riboflavin, vitamin B6, thiamin, vitamin B12. **Can contain traces of gluten, egg, celery, mustard, sulphites, fish, crustaceans, peanuts and nuts.**

Vanilla Flavour

Nutrition Declaration	Per 100 g	Per serving ***
Energy	1626 kJ / 384 kcal (19%**)	3902 kJ / 921 kcal (46%**)
Fat	3,10 g (4%**)	7,6 g (11%**)
Of which Saturates	2,6 (13%*)	6,3 g (32%**)
Carbohydrates	63 g (24%**)	152 g (58%**)
Of which Sugars	4,6 g (5%**)	11 g (12%**)
Fibre	1,0 g	2,4 g
Proteins	25 g (50%**)	60 g (120%**)
Salt	0,39 g (7%**)	0,94 g (16%**)
Of which Sodium	156 mg	374
Thiamin	1,5 mg (13%*)	3,6 mg (30%*)
Riboflavin	10 mg (13%*)	24 mg (30%*)
Niacin	0,14 mg (13%*)	0,34 mg (31%*)
Pantothenic Acid	0,18 mg (13%*)	0,43 mg (31%*)
Vitamin B6	2,0 mg (12%*)	4,8 mg (30%*)
Vitamin B12	0,18 mg (13%*)	0,43 mg (31%*)
Vitamin C	0,31 mg (13%*)	0,74 mg (30%*)
Vitamin E	0,75 mg (13%*)	1,8 mg (30%*)
Zinc	1,3 mg (13%*)	3,1 mg (31%*)
Composition	Per 100 g	Per serving (240 g)
Creatine Monohydrate	2,1 g	5 g

* **NRV** / Nutrient reference value. ****RI** – Reference intake of an average adult (8400 kJ/2000 kcal). *** **1 serving**= 2 shakes (240 g powder + 300-400 ml water)

INGREDIENTS: maltodextrin, protein blend [**whey** protein concentrate (emulsifier (E322 **soy**)), skim **milk** powder, micellar **casein**] (**milk**), amylopectin, creatine monohydrate [2.1%], MCT oil powder (medium chain triglycerides) (**milk**), flavouring, thickeners (E412, E415), salt, sweetener (E955),



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TECHNICAL DATASHEET

vitamin C, zinc, vitamin E, niacin, pantothenic acid, riboflavin, vitamin B6, thiamin, vitamin B12. **Can contain traces of gluten, egg, celery, mustard, sulphites, fish, crustaceans, peanuts and nuts.**

HOW TO TAKE:

Take a serving per day (2 shakes), before and after exercise. To prepare 1 shake, add 2 level scoops (120g) to 300-400 ml of water. Shake well and serve.

WHY?

Supreme Gainers 2.0 GoldNutrition® is the ideal formula to promote increased body weight and mass gain, and can also be used as a dietary supplement for individuals with eating difficulties or lack of appetite.