



Nutritional

HEALTH GAINER

- ✓ **MUSCLE MASS GAINER**
- ✓ **EASY WEIGHT GAINER**
- ✓ **HEALTH BOOSTER**

*Dr Jain's Health
Gainer Formula*



ABOUT HEALTH GAINER

MEDINUTRICA HEALTH GAINER is a balanced blend of high quality USA Whey proteins, carbohydrates, vitamins, minerals and heavy rich Fats.

Dr Jain's Health Gainer formula is a unique combination of Nutritional supplements and special Ayurvedic herbs - Ashwagandha ,Satavari, Vidakrikand, Yashtimadhu, Gokhru and Safed Musli which provides good health and Boosts Muscle Mass faster.



BENEFITS OF HEALTH GAINER

Modern Solution for Gaining Weight & Muscle Mass



Health Gainer is a natural supplement that supports optimal muscle growth and performance



Helps to increase energy, stamina, strength and power. Also improves body functioning and metabolism by removing toxins



Unique combination of 31 Vitamins, Minerals and Ayurvedic herbs which help in synthesis of body tissues and muscle for good health.



Health gainer provides 514 Calories for boosting muscles mass faster and builds desirable body shape in Male & Female.



NUTRITIONAL INGREDIENTS

Nutrition Facts

Serving Size: 1 Scoop (30g*)

Serving Per Container: 75 approx

Nutritional Facts (Per 100 gm approx)	% Daily Value
Energy	514 kcal
Protein	10 gm
Carbohydrate (Sugar-33.4%)	78 gm
Fat	22 gm
Cholesterol	0.0 gm
VITAMINS	
Vitamin A	500 mcg
Vitamin C	60 mg
Vitamin D	400 I.U.
Vitamin E	10 I.U.
Vitamin K	70 mcg
Vitamin B1	1.5 mcg
Vitamin B2	1.7 mg
Vitamin B6	2 mg
Vitamin B12	2 mcg
MINERALS	
Folic Acid	200 mcg
Calcium D Pantothenate	4 mg
Biotin	30 mcg
Niacinamide	19 mg
Calcium	1200 mg
Iron	10 mg
Sodium	372.5 mcg
Iodine	150 mcg
Phosphorus	1200 mcg
Selenium	70 mcg
Chromium	50 mcg
Magnesium	350 mcg
Zinc	15 mg
Copper	1.5 mg
Manganese	2 mg
Molybdenum	75 mcg

514
CALORIES

78g
CARBOHYDRATE

22g
FAT

10g
PROTEIN

NET WT.
500g
NUTRACEUTICAL



INGREDIENTS:

Milk Protein, Soya Protein Concentrate, Malto dextrin, Dextrose, Sucrose, Soya oil fat based powder, Creatinine Mono Hydrate, Vitamin premix, Mineral mixture Class II Preservatives.



PREPARATION



Take 1 scoop (30gm) of powder and 180-200 ml of water or milk



Stir or shake it for 25-30 seconds until you have a uniform mix



Use mixer or shaker for a foamy & thicker blend

CONSUMPTION

- Drink 1-4 serving daily as needed to satisfy your protein requirements. Using non-fat milk instead of water will give you a thicker, creamier shake.
- For best results drink after your regular exercise or workout. Make sure to consume an additional high carbohydrate and protein meal within a few hours.
- Store in cool and dry place.
- Not to be consumed by infants and pregnant women except when medically advised. Not for medicinal use.





MEDINUTRICA HEALTHCARE



Medinutrica Healthcare aims to provide the best healthcare services to mankind by providing the unique combinations of nutritional supplements and natural ayurvedic herbal products .

CONTACT US

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