

THE BENEFITS OF EGG PROTEIN

Protein serves as a dietary source of amino acids. The body needs amino acids to build the various proteins used in the growth, repair and maintenance of body tissues such as skin, bones and muscles. GNC Pro Performance® 100% Egg Protein is an excellent addition to a daily whey protein regimen and is a great additional source of protein in the diet. Egg protein is highly digestible and absorbable in the body. Egg protein is high in protein and amino acids, but low in fat, cholesterol and carbohydrates, making it the perfect choice for dieting or for athletes looking to pack on lean muscle.

Egg protein is of the highest quality because it is very easily digested and is a complete protein source containing all 9 essential amino acids, which are key for supporting healthy muscle. This makes it a perfect pre- or post-workout protein. Unlike dairy based proteins, whey or casein, egg protein is naturally free of lactose and therefore much easier to digest for those who have trouble with dairy based protein powders. One serving of GNC Pro Performance® 100% Egg Protein provides the quality protein found in 4 eggs but with much less fat and cholesterol.

TYPICAL NATURALLY OCCURRING AMINO ACIDS PER 25 GRAMS OF PROTEIN

Alanine	1444 mg	Lysine	1702 mg
Arginine	1358 mg	Methionine	858 mg
Aspartate	2545 mg	Phenylalanine	1463 mg
Cystine	648 mg	Proline	972 mg
Glutamine	3317 mg	Serine	1721 mg
Glycine	877 mg	Threonine	1134 mg
Histidine	562 mg	Tryptophan	305 mg
Isoleucine†	1416 mg	Tyrosine	972 mg
Leucine†	2112 mg	Valine†	1594 mg
Total		25000 mg	

†Indicates Branched Chain Amino Acids (BCAA).

100% EGG
PROTEIN

QUICK DISSOLVING, LACTOSE FREE

Features 25g of Anabolic Protein Delivering All 9 Critical Amino Acids

Highly Digestive and Absorbable Versus Other Proteins

Complete Source of Muscle Fueling BCAA and Lactose Free

25G
PROTEIN

VANILLA
ICE CREAM
NATURAL AND ARTIFICIAL FLAVORS

25 SERVINGS
Net Wt 30.39 oz (1.9 lb) 863 g

Recovery

25G
PROTEIN

120
CALORIES

1G
SUGAR

3G
CARBS

CODE 386179 LMG
DIRECTIONS: Mix one level scoop (34.5g) with 8 fl. oz. of water in a shaker cup or blender. Excellent source of protein first thing in the morning upon wake up.

Nutrition Facts

Serving Size One Level Scoop (34.5g)
Servings Per Container 25

Amount Per Serving			
Calories	120		
Calories from Fat	5		
		% Daily Value†	
Total Fat	0.5g		1%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol	10mg		3%
Sodium	460mg		19%
Potassium	350mg		10%
Total Carbohydrate	3g		1%
Dietary Fiber	0g		0%
Sugars	1g		
Protein	25g		
Vitamin A	0%	•	Vitamin C 0%
Calcium	0%	•	Iron 0%

† Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65 g	80 g
Sat. Fat	Less than	20 g	25 g
Cholesterol	Less than	300 mg	300 mg
Sodium	Less than	2400 mg	2400 mg
Potassium		3500 mg	3500 mg
Total Carbohydrate		300 g	375 g
Dietary Fiber		25 g	30 g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: Egg Albumin, Natural and Artificial Flavors, Lecithin, Titanium Dioxide, Gum Blend (Cellulose Gum, Xanthan Gum, Carrageenan), Vanillin, Sucralose, Acesulfame Potassium.
CONTAINS: Egg and Soy.

NOTICE: Use as a food supplement only. Do not use for weight reduction. Significant product settling may occur.
KEEP OUT OF REACH OF CHILDREN.
Store in a cool, dry place.

For More Information:
1-888-462-2548
SHOP NOW @ GNC.COM
Distributed by:
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