

Diets low in saturated fat and cholesterol that include 25 grams of soy protein a day may reduce the risk of heart disease. One serving of Pro Performance® Soy Protein 95™ provides 25 grams of protein. Recent studies have shown that soy protein taken by active individuals helps support muscles during exercise.

Soy is the only complete protein that is from a plant; it contains all of the essential amino acids including BCAA - leucine, isoleucine, and valine. Pro Performance Soy Protein 95 is cholesterol and lactose free.

Pro Performance Soy Protein 95 features Supro® protein. Supro® brand soy protein is one of the most clinically studied soy proteins. Supro® protein is made from Certified non-Genetically Modified (non-GMO) soybeans that are produced while being tightly monitored and controlled from planting through processing.

TYPICAL AMINO ACID PROFILE: (Approximate mg per serving)

	Dry Powder	Mixed*	Lysine	1580 mg	2230 mg
Alanine	960 mg	1240 mg	Methionine	310 mg	510 mg
Arginine	1910 mg	2180 mg	Phenylalanine	1310 mg	1680 mg
Aspartate	2930 mg	3530 mg	Proline	1310 mg	2060 mg
Cystine	330 mg	390 mg	Serine	1310 mg	1730 mg
Glutamic Acid	4990 mg	7380 mg	Threonine	910 mg	1270 mg
Glycine	1030 mg	1200 mg	Tryptophan	290 mg	400 mg
Histidine	620 mg	840 mg	Tyrosine	960 mg	1350 mg
Isoleucine	1170 mg	1610 mg	Valine	1140 mg	1680 mg
Leucine	1940 mg	2720 mg		25000 mg	34000 mg



Supro® is a registered trademark of Solae, LLC for its brand of soy protein products. It is used under license by General Nutrition Corporation.

KEEP OUT OF REACH OF CHILDREN
Store in a cool, dry place.

For More Information: 1-888-462-2548
Distributed by: General Nutrition Corporation
Pittsburgh, PA 15222 Made in USA

SHOP NOW @ GNC.COM

This Product Supplies
ONLY NATURALLY
OCCURRING
AMINO ACIDS



GNC PRO PERFORMANCE®

SOY PROTEIN 95™

ISOLATED SOY PROTEIN MIX



Natural and Artificial Flavor
CHOCOLATE

HEART HEALTHY

HELPS SUPPORT MUSCLES
DURING EXERCISE

WITH 25 GRAMS OF PROTEIN AND
5 GRAMS OF CARBS

NET WT 1 LB (16 OZ) 454 G

CODE 350551

JGG

DIRECTIONS: Twice a day, combine 1 scoop (35g) with one cup (8 fl. oz.) of water or skim milk. Use a blender, shaker or spoon to blend thoroughly until dissolved.

Nutrition Facts

Serving Size One Scoop (35g)		
Servings Per Container 12		
Amount Per Serving	Dry Powder	Mixed*
Calories	130	220
Calories from Fat	15	20
% Daily Value**		
Total Fat 1.5g	2%	3%
Saturated Fat 0g	0%	0%
Trans Fat 0g		
Cholesterol 0mg	0%	2%
Sodium 310mg	13%	19%
Total Carbohydrate 5g	2%	6%
Dietary Fiber <1g	3%	3%
Sugars 2g		
Protein 25g		

Vitamin A	0%	10%
Vitamin C	0%	4%
Calcium	6%	35%
Iron	30%	30%
* When mixed with eight ounces of skim milk. Eight ounces of Skim Milk provides an additional 90 calories, 0.4g Fat, 5mg Cholesterol, 130mg Sodium, 13g Carbohydrate (13g sugars), and 9g Protein.		
** Percent Daily Values are based on a 2000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.		
Calories:	2000	2500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2400mg	2400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g
Calories per gram:		
Fat	9	• Carbohydrate 4 • Protein 4

INGREDIENTS: Supro® Brand Soy Protein Isolate, Cocoa, Fructose, Natural and Artificial Flavor, Salt, Acesulfame Potassium, Sucralose.

Contains: Soybeans

No Artificial Colors, No Wheat, No Gluten, No Dairy, Yeast Free.

NOTICE: Use as a food supplement only. Do not use for weight reduction. Significant product settling may occur.

Place UPC
Here

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