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-free.

Pro Performance Soy Protein 95 features Supro® brand soy protein. Supro® 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 NATURALLY OCCURRING AMINO ACID PROFILE PER SERVING:

:	With Water	With Milk		With Water	With Milk
Alanine	960 mg	1240 mg	Lysine	1580 mg	2230 mg
Arginine	1910 mg	2180 mg	Methionine	310 mg	510 mg
Aspartate	2930 mg	3530 mg	Phenylalanine	1310 mg	1680 mg
Cystine	330 mg	390 mg	Proline	1310 mg	2060 mg
Glutamine	4990 mg	7380 mg	Serine	1310 mg	1730 mg
Glycine	1030 mg	1200 mg	Threonine	910 mg	1270 mg
Histidine	620 mg	840 mg	Tryptophan	290 mg	400 mg
Isoleucine†	1170 mg	1610 mg	Tyrosine	960 mg	1350 mg
Leucine†	1940 mg	2720 mg	Valine†	1140 mg	1680 mg
† Indicates Bran	ched Chain Amino	Acid (BCAA)		25000 mg	34000 mg

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

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OCCURRING AMINO ACIDS

ONLY NATURALLY



## **GNC** PRO PERFORMANCE®

ISOLATED SOY PROTEIN MIX



ial and Artificial Flavor **VANILLA** 

**HELPS SUPPORT MUSCLES DURING EXERCISE** 

WITH 25 GRAMS OF PROTEIN AND **3 GRAMS OF CARBS** 

NET WT 1 LB (16 OZ) 454 G

CODE 350927

DIRECTIONS: Twice a day, combine 1 scoop (33g) 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 (33g) Servings Per Container 12

Amount Per Serving	1 Scoop*	1 Scoop**
Calories	130	220
Calories from Fat	15	20
	% D	aily Value†
Total Fat 1.5g	2%	3%
Saturated Fat Og	0%	0%
Trans Fat Og		
Cholesterol Omg	0%	2%
Sodium 290mg	12%	18%
Total Carbohydrate 3	g <b>1</b> %	5%
Dietary Fiber Og	0%	0%
Sugars 2g		
Protein 25g		

Vitamin A	0%	10%
Vitamin C	0%	4%
Calcium	6%	35%
Iron	25%	25%

Mixed with eight ounces of water

\*\* 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 (13 sugars), and 9g Protein 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:	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 Carbohydra	300g	375g	
Dietary Fiber	25g	30g	
Calories per gran	n:		-
Eat 0 . C	arhohydrato	4 . 1	Protoin

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

CONTAINS: Soybeans. NOTICE: Use as a food supplement only. Do not use for weight reduction. Significant

product settling may occur.

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

Store in a cool. dry place.

Place UPC Here

48107 08009