

Pro Performance® 100% Whey Protein supplies one of the highest quality and most researched proteins available.

The Benefits of Whey 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.

Whey protein offers the benefits of supplying high nutritional value and branched chain amino acids (BCAA) to athletes. BCAA are essential amino acids, which are part of muscle protein. They may preserve muscle glycogen stores and help reduce the amount of protein breakdown during exercise. Additionally, the natural components of whey help to enhance the body's production of glutathione, a natural antioxidant, which may provide dietary support to the immune system. Whey also yields a high biological value, which measures usable grams of amino acids used by the body after intense exercise.

Depending on your athletic goals, your protein requirements can vary. Inadequate protein in your diet can limit muscle protein synthesis which can compromise your athletic goals. The amino acids from whey protein move quickly through the digestive system. The consumption of these proteins will result in a rapid rise in blood amino acids and stimulate protein synthesis.

Whey protein can be taken immediately before and/or after your workout to support muscle protein synthesis.

Pro Performance Quality

This advanced protein supplement is instantized making it easy-to-mix and dissolve quickly in water. It's also low temperature treated, which delivers one of the highest quality forms of whey protein.

Because the body requires protein as a source of amino acids, Pro Performance 100% Whey Protein supplementation is important for all athletes who seek an increased protein intake while working out. Pro Performance 100% Whey Protein supplies high-quality protein to meet these needs.

TYPICAL NATURALLY OCCURRING AMINO ACIDS PER SERVING:

Alanine	1550 mg	Lysine	1770 mg
Arginine	500 mg	Methionine	350 mg
Aspartate	2300 mg	Phenylalanine	580 mg
Cystine	310 mg	Proline	1380 mg
Glutamine	3290 mg	Serine	1360 mg
Glycine	700 mg	Threonine	1580 mg
Histidine	360 mg	Tryptophan	40 mg
Isoleucine†	1240 mg	Tyrosine	450 mg
Leucine†	2300 mg	Valine†	1330 mg

† Indicates Branched Chain Amino Acid (BCAA)

For More Information: 1-888-462-2548

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Distributed by:
General Nutrition Corporation
Pittsburgh, PA 15222
MADE IN THE USA

0 48107 08026 6

Place UPC Here

GNC PRO PERFORMANCE®

100%
WHEY
PROTEIN



POWDERED DRINK MIX

NATURAL SOURCE OF BCAA
20 GRAMS OF HIGH-QUALITY
PROTEIN SOURCE

QUICK DISSOLVING,
EASY-TO-MIX

NET WT 2 LB (32 OZ) 909 G

CODE 350934
DIRECTIONS: Add one scoop (29g) to 8 fl. oz. of cold water and blend well. Consume 1-3 servings per day. Pro Performance 100% Whey Protein can be taken immediately before and/or after your workout. 100% Whey Protein is instantized so you can mix it easily with a spoon.

Nutrition Facts

Serving Size One Scoop (29g)
Servings Per Container 31

Calories	110
Calories from Fat	15

% Daily Value†

Total Fat	1.5g	2%
Saturated Fat	1g	5%
Trans Fat	0g	
Cholesterol	40mg	13%
Sodium	120mg	5%
Potassium	180mg	5%
Total Carbohydrate	4g	1%
Sugars	2g	
Protein	20g	

Vitamin A	0%	Vitamin C	0%
Calcium	15%	Iron	0%

Not a significant source of Dietary Fiber.
† 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 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: Proprietary Protein Blend (Whey Protein Concentrate, Whey Protein Isolate, Hydrolyzed Whey Peptides), Natural and Artificial Flavor, Lecithin, Salt, Acesulfame Potassium, Sucralose, Cellulose Gum, Xanthan Gum, FD&C Yellow 5.

CONTAINS: Milk and Soybeans.

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

Store in a cool, dry place.