

GNC PRO PERFORMANCE®

LEAN MUSCLE MEAL

GREAT-TASTING MUSCLE MEAL

**40 GRAMS OF HIGH-QUALITY
PROTEIN**

ONLY 260 CALORIES

8 GRAMS OF FIBER

**26 ESSENTIAL VITAMINS
& MINERALS**

NET WT 69 G (2.4 OZ)



DIRECTIONS: Add contents of one packet (69 g) to 10 fl. oz. of cold water, milk or juice and thoroughly mix in a shaker or blender.

Nutrition Facts

Serving Size One Packet (69g)

Amount Per Serving

Calories	260
Calories from Fat	25

% Daily Value†

Total Fat 2.5g	4%
Saturated Fat 1.5g	8%
Trans Fat 0g	

Cholesterol 70mg	23%
-------------------------	------------

Sodium 60mg	3%
--------------------	-----------

Potassium 1230mg	35%
-------------------------	------------

Total Carbohydrate 19g	6%
-------------------------------	-----------

Dietary Fiber 8g	32%
------------------	------------

Sugars 2g	
-----------	--

Protein 40g	
--------------------	--

Vitamin A	25%
-----------	-----

Vitamin C	25%
-----------	-----

Calcium	45%
---------	-----

Iron	10%
------	-----

Vitamin D	25%
-----------	-----

Vitamin E	25%
-----------	-----

Vitamin K	25%
-----------	-----

Thiamin	25%
---------	-----

Riboflavin	25%
------------	-----

Niacin	25%
--------	-----

	% Daily Value†
Vitamin B6	25%
Folic Acid	25%
Vitamin B12	80%
Biotin	25%
Pantothenic Acid	25%
Phosphorus	60%
Iodine	25%
Magnesium	25%
Zinc	25%
Selenium	70%
Copper	25%
Manganese	25%
Chromium	70%
Molybdenum	90%

† 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: Protein Blend (Whey Protein Concentrate, Milk Protein Concentrate, Calcium Caseinate, Egg Albumen), Partially Hydrolyzed Guar Gum, Natural and Artificial Flavors, Cocoa (Processed with Alkali), Vitamin/Mineral Blend (Potassium Phosphate, Magnesium Oxide, Maltodextrin, Ascorbic Acid, d-alpha Tocopheryl Acetate, Niacinamide, Zinc Oxide, d-Calcium Pantothenate, Manganese Sulfate, Copper Sulfate, Molybdenum Amino Acid Chelate, Vitamin A Palmitate, Pyridoxine Hydrochloride, Riboflavin, Thiamin Mononitrate, Folic Acid, Biotin, Potassium Iodide, Chromium Picolinate, Phytonadione, Sodium Selenite, Cholecalciferol, Cyanocobalamin), Lecithin, Fatty Acid Blend (CLA, Flaxseed Oil Powder, Safflower Oil Powder, MCT Powder, Olive Oil Powder, Borage Oil Powder, Evening Primrose Oil Powder), Potassium Chloride, Acesulfame Potassium, Sucralose.

CONTAINS: Eggs, Milk and Soybeans.

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

LIG

For More Information:
1-888-462-2548

SHOP NOW @ GNC.COM

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