

GNC Pro Performance® Whey Protein Complex features 17 grams of protein from a blend of quality sources.

The Benefits of Protein

GNC Pro Performance Whey Protein Complex combines protein from whey, soy, caseinate and egg to provide you with a full spectrum of amino acids.

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. More specifically, it supplies 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.

Protein Consumption

Depending on your athletic goals, your protein requirements can vary. Serious athletes should consume approximately one gram of protein per pound of body weight. This should be spread over four to six small meals. 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 Complex can be taken immediately before and/or after your workout to support muscle protein synthesis.

TYPICAL NATURALLY OCCURRING AMINO ACIDS PER SERVING:

Alanine	717 mg	Lysine	1299 mg
Arginine	898 mg	Methionine	298 mg
Aspartate	1917 mg	Phenylalanine	737 mg
Cystine	278 mg	Proline	912 mg
Glutamine	3098 mg	Serine	907 mg
Glycine	507 mg	Threonine	912 mg
Histidine	395 mg	Tryptophan	278 mg
Isoleucine†	893 mg	Tyrosine	580 mg
Leucine†	1546 mg	Valine†	958 mg

† Indicates Branched Chain Amino Acid (BCAA)

* When used in conjunction with an exercise program, this product provides essential building blocks for muscle recovery and growth.

GNC PRO PERFORMANCE®

WHEY PROTEIN COMPLEX

POWDERED DRINK MIX



17 GRAMS OF HIGH-QUALITY PROTEIN
SUPPORTS MUSCLE RECOVERY & GROWTH*
HIGH CONCENTRATION OF ESSENTIAL AMINO ACIDS

32
SERVINGS

NET WT 2 LB (32 OZ) 909 G

CODE 350976

DIRECTIONS: Add one scoop (28 g) to 8 fl. oz. of cold water and blend well. Consume 1-3 servings per day. GNC Pro Performance Whey Protein Complex can be taken immediately before and/or after your workout.

Nutrition Facts

Serving Size One Scoop (28g)

Servings Per Container 32

Calories	110		
Calories from Fat	15		
% Daily Value†			
Total Fat	1.5g		2%
Saturated Fat	0.5g		3%
Trans Fat	0g		
Cholesterol	20mg		7%
Sodium	250mg		10%
Potassium	400mg		11%
Total Carbohydrate	6g		2%
Dietary Fiber	1g		4%
Sugars	4g		
Protein	17g		
Vitamin A	0%	Vitamin C	0%
Calcium	6%	Iron	10%

† 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 Concentrates, Soy Protein Isolate, Calcium Caseinate, Egg Albumen), Cocoa (Processed with Alkali), Natural and Artificial Flavor, Gum Blend (Cellulose Gum, Xanthan Gum, Carrageenan), Salt, Acesulfame Potassium, Lecithin, Sucralose.

CONTAINS: Egg, 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.

For More Information:

1-888-462-2548

SHOP NOW @ GNC.COM

Distributed by:

General Nutrition Corporation
Pittsburgh, PA 15222

Natural and Artificial Flavor
CHOCOLATE

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