

GNC PRO PERFORMANCE®

100% WHEY PROTEIN

POWDERED DRINK MIX



Natural and Artificial Flavor
COOKIES & CREAM

NATURAL SOURCE OF BCAA

20 GRAMS OF HIGH-QUALITY
PROTEIN SOURCE

QUICK DISSOLVING,
EASY-TO-MIX

NET WT 1 LB (16 OZ) 454 G

GUSSET

Place UPC Here
0 48107 08053 2

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

SHOP NOW @ GNC.COM

1-888-462-2548
For More Information:

† Indicates Branched Chain Amino Acid (BCAA)
Lysine 1770 mg
Methionine 350 mg
Phenylalanine 2300 mg
Proline 310 mg
Serine 1380 mg
Threonine 1360 mg
Tryptophan 1580 mg
Tyrosine 40 mg
Valine 450 mg
2300 mg

TYPICAL NATURALLY OCCURRING AMINO ACIDS PER SERVING:

1770 mg
350 mg
580 mg
1380 mg
1360 mg
1580 mg
40 mg
450 mg
1330 mg

This advanced protein supplement is instantized making it easy-to-mix and dissolve quickly in water. It's also low tempera-ture 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.

Pro Performance Quality
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 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.
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 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.

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

Nutrition Facts			
Serving Size One Scoop (30g) Servings Per Container 15			
Calories		120	
Calories from Fat		15	
% Daily Value†			
Total Fat	1.5g		5%
Saturated Fat	1g		2%
Trans Fat	0g		
Cholesterol	40mg		13%
Sodium	60mg		3%
Potassium	200mg		6%
Total Carbohydrate	5g		2%
Sugars	2g		
Protein 20g			
Vitamin A		0% • Vitamin C	
Calcium		10% • Iron	
† Percent Daily Values are based on a 2000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:			
Total Fat	Less than 65g	2000	80g
Sat. Fat	Less than 20g	65g	25g
Cholesterol	Less than 300mg	300mg	300mg
Sodium	Less than 2400mg	2400mg	3500mg
Potassium	3500mg	300g	375g
Total Carbohydrate	300g	25g	30g
Dietary Fiber			
Calories per gram:			
Fat	9	Carbohydrate	4

DIRECTIONS: Add one scoop (30 g) to 6 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.

INGREDIENTS: Proprietary Protein Blend (Whey Protein Concentrate, Whey Protein Isolate, Hydrolyzed Whey Peptides), Natural & Artificial Flavor, Cookie Crumbs (Enriched Flour [Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Sugar, Palm and Palm Kernel Oil, Cocoa processed with alkali, High Fructose Corn Syrup, Corn Flour, Salt, Dextrose, Sodium Bicarbonate, Soy Lecithin), Lecithin, Xanthan Gum, Acesulfame Potassium, Sucralose.

CONTAINS: Milk, Soybeans and Wheat.
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.