

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 1 LB (16 OZ) 454 G

GUSSET

0 48107 08044 0

Place UPC Here



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)

Alanine	1550 mg	Lysine	1770 mg
Arginine	500 mg	Methionine	350 mg
Aspartate	2300 mg	Phenylalanine	580 mg
Cysteine	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

TYPICAL NATURALLY OCCURRING AMINO ACIDS PER SERVING:

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.

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.

CODE 350949
Pro Performance® 100% Whey Protein supplies one of the highest quality and most researched proteins available.

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.

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DIRECTIONS: Add one scoop (29 g) 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

Amount Per Serving	
Calories	110
Calories from Fat	15
% Daily Values†	
Total Fat 1.5g	
Saturated Fat 1g	2%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 70mg	3%
Potassium 170mg	5%
Total Carbohydrate 4g	1%
Sugars 1g	
Protein 20g	
Vitamin A	0%
Calcium	10%
Iron	0%
Vitamin C	0%

† Percent Daily Values are based on a 2000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

Calories per gram:	
Fat 9	
Carbohydrate 4	
Protein 4	

INGREDIENTS: Proprietary Protein Blend (Whey Protein Concentrate, Whey Protein Isolate, Hydrolyzed Whey Peptides), Artificial Flavor, Lecithin, Xanthan Gum, Acesulfame Potassium, Citric Acid, FD&C Red #40.

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.