

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

Place UPC Here

0 48107 08376 2

MADE IN THE USA
Pittsburgh, PA 15222
General Nutrition Corporation

Distributed by:

SHOP NOW @ GNC.COM

For More Information:
1-888-462-2548

Alanine	1550 mg
Arginine	500 mg
Aspartate	2300 mg
Cysteine	310 mg
Glutamine	3290 mg
Glycine	700 mg
Histidine	360 mg
Isoleucine†	1240 mg
Leucine†	2300 mg
Valine†	1330 mg
Lysine	1770 mg
Methionine	350 mg
Phenylalanine	580 mg
Proline	1380 mg
Serine	1360 mg
Threonine	1580 mg
Tryptophan	40 mg
Tyrosine	450 mg
† Indicates Branched Chain Amino Acid (BCAA)	

TYPICAL NATURALLY OCCURRING AMINO ACIDS PER SERVING:

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.

Pro Performance Quality
Whey protein can be taken immediately before and/or after your workout to support muscle protein synthesis. rise in blood amino acids and stimulate protein synthesis. system. The consumption of these proteins will result in a rapid acids from whey protein move quickly through the digestive system. 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 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. 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 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.

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

CODE 351110
A/G

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 Value*	
Total Fat 1.5g	2%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 60mg	20%
Sodium 60mg	3%
Potassium 140mg	4%
Total Carbohydrate 4g	1%
Sugars 2g	
Protein 20g	
Vitamin A	0%
Vitamin C	0%
Iron	10%
Calcium	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:	2500
Less than 65g	
Sat. Fat	20g
Cholesterol	Less than 300mg
Sodium	300mg
Potassium	2400mg
Total Carbohydrate	3500mg
Dietary Fiber	375g
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 Flavors, Lecithin, Sunflower Oil Powder (Sunflower Oil, Maltodextrin, Modified Food Starch, Dipotassium Phosphate, Potassium Phosphate, Tocopherols), Beet Color, Acesulfame, Sucralose, Potassium Citrate, Citric Acid, Cellulose Gum, Xanthan Gum, Salt.

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.