

GNC Pro Performance® Whey Isolate 28 provides the highest quality whey isolate protein available with a higher amino acid profile gram for gram than ordinary whey protein.

The Benefits of Isolated Whey Protein

GNC Pro Performance Whey Isolate 28 is dually-processed using microfiltration and ion-exchange to ensure an isolated whey protein that contains up to 95% protein with minimal lactose and fat. These isolation processes separate the valuable protein from non-protein materials yielding a highly-purified whey isolate.

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.

The Benefits of BCAA

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 and are more readily absorbed. 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.

TYPICAL NATURALLY OCCURRING AMINO ACID PROFILE PER SERVING:

Alanine	1444 mg	Lysine	2663 mg
Arginine	674 mg	Methionine	609 mg
Aspartate	1740 mg	Phenylalanine	994 mg
Cystine	739 mg	Proline	1638 mg
Glutamine	4980 mg	Serine	1379 mg
Glycine	544 mg	Threonine	1898 mg
Histidine	580 mg	Tryptophan	480 mg
Isoleucine†	1829 mg	Tyrosine	864 mg
Leucine†	3212 mg	Valine†	1733 mg
			28000 mg

† Indicates Branched Chain Amino Acid (BCAA)

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Place UPC Here

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

GNC PRO PERFORMANCE®

WHEY ISOLATE 28



PURE ISOLATE PROTEIN

28 GRAMS OF PROTEIN PER SERVING
HIGHLY-PURIFIED, ION-EXCHANGED
WHEY PROTEIN ISOLATE
ONLY 4 GRAMS OF CARBS

NET WT 2 LB (32 OZ) 909 G

CODE 351112 GJG
DIRECTIONS: Add one scoop (34g) to 8 fl. oz. of cold water and blend well. Consume 1-3 servings per day. GNC Pro Performance Whey Isolate 28 can be taken immediately before and/or after your workout.

Nutrition Facts			
Serving Size One Scoop (34g)			
Servings Per Container 26			
Amount Per Serving			
Calories		130	
Calories from Fat		5	
		% Daily Value†	
Total Fat	0.5g		1%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol	5mg		2%
Sodium	90mg		4%
Potassium	180mg		5%
Total Carbohydrate	4g		1%
Sugars	2g		
Protein	28g		
Vitamin A	0%	Vitamin C	0%
Calcium	10%	Iron	0%
Not a significant source of Dietary Fiber.			
† 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: Whey Protein Isolate, Natural and Artificial Flavor, Lecithin, Citric Acid, Acesulfame Potassium, FD&C Red #40, Sucralose.
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.