

Pro Performance® 50 Gram Slam™ XR features an Xtended Release protein system that supplies fast, medium and slow-digesting proteins. This delicious-tasting shake features proteins that move through the digestive system at varying speeds, providing extended delivery of critical amino acids in the blood. 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.

Depending on your athletic goals, your protein requirements can vary. Athletes may require up to one gram of protein per pound of body weight per day. Insufficient protein intake can lead to excessive protein catabolism, limit muscle protein synthesis, and compromise your performance goals. Your body requires protein as a natural source of amino acids such as L-glutamine and BCAA. Getting adequate amounts of protein is crucial to supporting your muscles and keeping your body in a positive nitrogen balance. You also get the added benefit of 4 grams of fiber per serving and only 3 grams of sugar.

The advanced protein system in Pro Performance® 50 Gram Slam™ XR provides you with the right amount of protein at the right times, maximizing nutrient timing.

For More Information:
1-888-462-2548

SHOP NOW @ GNC.COM

Distributed by:
General Nutrition Corporation
Pittsburgh, PA 15222

Store in a cool, dry place.
Refrigerate after opening.

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GNC PRO PERFORMANCE®

50 GRAM SLAM™ XR

50 GRAMS OF FAST, MEDIUM
& SLOW-ACTING PROTEIN

SUSTAINED SUPPLY OF AMINO
ACIDS FOR MUSCLE FUEL

FEATURES 4 GRAMS OF FIBER
& ONLY 3 GRAMS OF SUGAR

Natural and Artificial Flavor
MILK CHOCOLATE

14.5 FL OZ (429 mL)

CODE 386041

FLG

DIRECTIONS: Shake gently. Contents under pressure. Open slowly before use. Consume one (1) can of Pro Performance® 50 Gram Slam™ XR immediately following your workout or sports activity. On off days consume one (1) can in the morning to meet your daily protein needs. Best served chilled.

Nutrition Facts

Serving Size 1 can 14.5 fl oz (429 mL)

Amount Per Serving

Calories	250
Calories from Fat	20

	% Daily Value*
Total Fat 2g	3%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 120mg	5%
Potassium 480mg	14%
Total Carbohydrate 9g	3%
Dietary Fiber 4g	16%
Sugars 3g	

Protein 50g

Vitamin A	0%
Vitamin C	0%
Calcium	140%
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

INGREDIENTS: Water, Protein Blend (Milk Protein Concentrate, Soy Protein Isolate, Whey Protein Concentrate), Cocoa (Processed with Alkali), Maltodextrin, Cellulose Gel, Natural & Artificial Flavors (contains caramel color), Sucralose, Cellulose Gum, Acesulfame Potassium, Carrageenan.

CONTAINS: Milk and Soybeans.

Notice: Use as a food supplement only. Do not use for weight reduction.

TYPICAL AMINO ACID PROFILE PER 50 GRAMS OF PROTEIN:

Alanine	1649 mg	Methionine	1347 mg
Arginine	2072 mg	Phenylalanine	2331 mg
Aspartic Acid	3790 mg	Proline	4491 mg
Cystine	381 mg	Serine	2755 mg
Glutamine	10023 mg	Threonine	2156 mg
Glycine	1006 mg	Tryptophan	376 mg
Histidine	1395 mg	Tyrosine	2520 mg
Isoleucine†	2497 mg	Valine†	2958 mg
Leucine†	4404 mg		50000 mg
Lysine	3849 mg		

† Indicates Branched Chain Amino Acid (BCAA).