

The Proof is in the Absorption and Xtended Release...

Get "Xtended Release" for extensive training and discover what you've been missing with the elite protein and waxy maize combination that gives you the resources necessary to feed your muscles immediately post-workout and beyond.

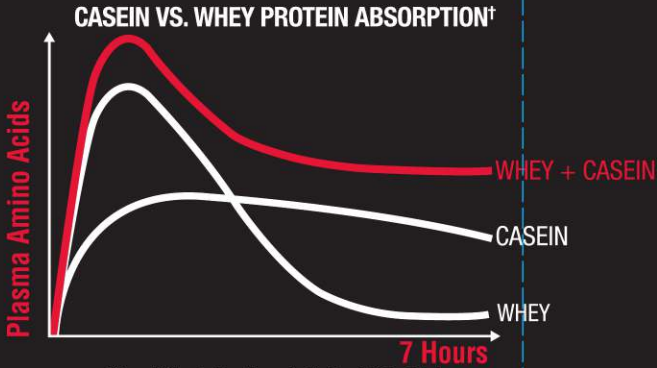
Faster Absorption of BCAA for Muscle Fuel:

A clinical study has proven that the proprietary protein blend in Amplified Recovery Protein XR™ delivers more branched chain amino acids into the blood stream – better and faster than regular whey.^ Subjects in the clinical study experienced AMPlified absorption.....

- Compared to regular whey protein, Amplified Recovery Protein XR™ maximized amino acid absorption by delivering:

– 142% Faster BCAA Absorption.^ BCAA may help preserve muscle glycogen stores and reduce protein breakdown – two key aspects of exercise recovery.

In addition to immediate release proteins seen with whey, the slow, gradual release of amino acids from casein work at a steady rate for up to seven hours to continually support the muscle recovery process.



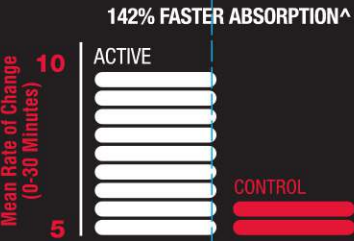
†Visual illustration based off of published data.

KEEP OUT OF REACH OF CHILDREN.
Store in a cool, dry place.

For More Information:
1-888-462-2548

SHOP NOW @ GNC.COM

Distributed by:
General Nutrition Corporation
Pittsburgh, PA 15222



^In a randomized, double blind, cross-over study of 16 healthy male volunteers, subjects experienced significantly higher maximum concentrations of Total Amino Acids, Branched Chain Amino Acids and Leucine 1 hour post-ingestion of the protein blend in this product relative to amino acid concentrations measured post-ingestion of whey protein concentrates. Significant differences for the Rate of Change of BCAA and Leucine absorption were also observed relative to the control group.



PRO PERFORMANCE® **ADVANCED**
AMP MUSCLE
PERFORMANCE

Post-workout muscle support

AMPLIFIED RECOVERY PROTEIN XR™

Dietary supplement



- Provides 25g of Fast and Slow Release Proteins + 7g of Leucine
- 142% Faster Absorption of BCAA for Muscle Fuel^
- Amino Acceleration System + 18g of Waxy Maize to Support Recovery*



Clinically Researched

VANILLA

Natural + artificial flavors

NET WT 48.17 OZ (3 LB) 1368 G

CODE 351192

KKG

DIRECTIONS: As a dietary supplement, consume one level scoop (76g) of Pro Performance® AMP Amplified Recovery Protein XR™ mixed with 8-10 fl. oz. cold water within 30 minutes after your workout. For extreme results, take twice a day.

Supplement Facts

Serving Size One Level Scoop (76g)
Servings Per Container 18

Amount Per Serving	% Daily Value
Calories	260
Calories from Fat	20
Total Fat	2 g 3%†
Saturated Fat	1 g 5%†
Cholesterol	60 mg 20%
Total Carbohydrate	35 g 12%†
Sugars	4 g *
Protein	25 g
Calcium	200 mg 20%
Sodium	170 mg 7%
Potassium	170 mg 5%

L-Leucine 7 g
(as Micronized L-Leucine, Micronized Whey Protein Concentrate, Micellar Casein, Calcium Caseinate, Whey Protein Isolate and Whey Peptides)
Amino Acceleration System 200 mg
BioCore Edge™ Blend (Protease [from *Aspergillus oryzae*, *Aspergillus niger* and *Aspergillus mellis*] and Peptidase [from *Aspergillus oryzae*])

†Percent Daily Values are based on a 2,000 calorie diet.
* Daily Values not established.

OTHER INGREDIENTS: Protein Blend (Micronized Whey Protein Concentrate, Micellar Casein, Calcium Caseinate, Whey Protein Isolate, Whey Peptides), Waxy Maize, Maltodextrin, Natural and Artificial Flavors, Polyethylene Glycol, Lecithin, Gum Blend (Cellulose Gum, Xanthan Gum, Carrageenan), Salt, Potassium Chloride, Sucralose, Acesulfame Potassium.

CONTAINS: Milk, Soybeans and Wheat.

NOTICE: Significant product settling may occur.

BioCore Edge™ is a trademark of National Enzyme Company.

TYPICAL AMINO ACID PROFILE PER SERVING:			
Alanine	1094	Lysine	2002
Arginine	610	Methionine	603
Aspartate	2936	Phenylalanine	856
Cystine	596	Proline	1582
Glutamine	4451	Serine	1213
Glycine	465	Threonine	1570
Histidine	476	Tryptophan	514
Isoleucine†	1440	Tyrosine	822
Leucine†	7371	Valine†	1399
Total		30000 mg	

† Indicates Branched Chain Amino Acids (BCAA).

* Denotes naturally occurring and added free form amino acids.

* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

What is Amplified Recovery Protein XR?™

The protein that you have always wanted, but just didn't know it....until now! Amplified Recovery Protein XR™, the ultimate in Xtended Release formulas, is the ideal post-workout blend packed with both fast and slow proteins you need to optimally fuel and support muscle repair after every intense training session.* Suitable for every athlete, the distinct protein composition targets two key actions of muscular activity: anabolism and recovery. Whether it's weight training or aerobic endurance, strenuous workouts cause damage to muscle tissue, so what you need is a protein that will help set the stage for quality repair and support for your muscles, and here it is! A dual action, extended release energy source that combines a fast-acting blend of technology-enhanced whey protein with slower-acting quality casein for long lasting muscle fuel. The unique form of whey protein is proven to deliver key amino acids into your blood better and faster than ordinary whey protein.^ With this faster-absorbing protein, you also get 142% faster absorption of BCAA^ into the blood stream, which can be taken up by your skeletal muscle where they may help preserve glycogen stores and reduce protein breakdown.* Micronized protein and aminos are the solution to immediate fuel source that lasts up to a few hours, but the muscle refueling doesn't stop there. Then, waxy maize is used for rapid glycogen store replenishment, a critical muscle recovery component. Lastly, casein is included to provide a slow-digesting, sustained supply of amino acids over 7 hours that can help to significantly decrease protein breakdown.* This crucial 25 gram whey and casein combination with 18 grams of waxy maize is designed to keep your muscles out of a catabolic state while continually delivering amino acids necessary to fuel muscles. Get full muscle coverage with Amplified Recovery Protein XR™ - the protein and carb formula with the right balance to support muscle recovery and anabolism immediately after workouts, even hours later.

The Amplified Recovery Protein XR™ Evolution

AMPLified to support and enhance metabolic phases of muscle activity and here's how: Using cutting-edge technology and scientific research and expertise, this unique formulation was designed to be the ultimate protein for recovery support.

Micronized Protein and Amino Acids - This premium protein blend features micronized whey protein and leucine! Using MicroSorb™ Amino Technology, whey protein and amino acids in this formula have been pulverized into smaller particles that are easier to absorb. As a result, Amplified Recovery Protein XR™ is proven to deliver superior amino acid uptake compared to regular whey.^ That means more amino acids are available for your muscles to use as fuel! These vital amino acids all support proteins involved in muscle building, recovery and other processes crucial to your muscles.*

Waxy Maize - Serves as a carbohydrate source to replace glycogen stores during the recovery process, helping to make sure that energy is ready and available to burn for your next intense workout.

Casein - This slow digesting protein increases blood amino acids at a much slower and steadier rate giving you the most favorable environment for proper repair of your muscles over a longer time frame. The slow and steady release helps to minimize protein loss after workouts and for an extended period of time.

Amino Acceleration System - It is enhanced with a digestive enzyme blend scientifically designed to accelerate the absorption and availability of amino acids to be efficiently used by the muscles.

More Key Aminos - In addition to an impressive 7 grams of leucine for muscle protein synthesis- this formula is loaded with an array of aminos necessary for your muscles after workouts and during the overnight fasts.

Who Can Benefit from Taking Amplified Recovery Protein XR?™

Athletes who want to maximize their anabolic window can benefit from taking this dual activating protein blend with both fast and slow absorbing action to help maintain a positive nitrogen balance then Amplified Recovery Protein XR™ is for you.

When Should Amplified Recovery Protein XR™ be Taken?

Consume one serving with 8-10 fl. oz. of cold water within 30 minutes after workouts.