

CAUTION: This product contains extremely potent concentrations of muscle fuel. It is designed to provide experienced athletes with explosive gains, bursts of energy and massive anabolic surges. Use only if you are ready to take your workout to the next level of athletic performance.

Maximize your workouts by stacking with other **Beyond RAW** products!

*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.



SCAN & LEARN MORE

BioCore® Edge is a trademark of National Enzyme Company.

Lutemax 2020™ is a trademark of OmniActive Health Technologies.

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

For More Information: 1-888-462-2548

SHOP NOW @ GNC.COM

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General Nutrition Corporation
Pittsburgh, PA 15222

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RE-GROW

MUSCLE CELL SIGNALING & RAPID DISPERSION PROTEIN FORMULA

- + TRIGGERS 4 CRITICAL CELL SIGNALING MECHANISMS REQUIRED FOR **INCREASED SIZE, STRENGTH AND STAMINA***
- + **INCREASES** TOTAL AMINO ACID ABSORPTION BY **OVER 100% AND MORE THAN DOUBLES** LEUCINE ABSORPTION**
- + **mTOR ACTIVATION** STIMULATES MUSCLE PROTEIN SYNTHESIS TO SUPPORT **LEAN MUSCLE** GROWTH WITH 12G OF **RAPID ABSORBING** ANABOLIC LEUCINE AND 10G OF GLUTAMINE*†
- + POTENT **ANTI-CATABOLIC** BLEND **PROTECTS CELLS** FROM DAMAGE BY LIMITING 5 CO-FACTORS THAT MAY CAUSE CATABOLISM*

VANILLA ICE CREAM

NATURAL & ARTIFICIAL FLAVOR

DIETARY SUPPLEMENT
NET WT 4.01 LBS (64.23 OZ) 1824 G

CODE 826327

DIRECTIONS: On training days, mix one serving (114 g) with 16 fl. oz. cold water 30 minutes after your workout. On non-training days, consume one serving in the morning. For extreme results, take twice daily on training and non-training days.

Supplement Facts

Serving Size Two Scoops (114 g)		Servings Per Container 16	
Amount Per Serving		% Daily Value	
Calories		390	
Calories from Fat		70	
Total Fat		8 g	12%†
Saturated Fat		2.5 g	13%†
Cholesterol		130 mg	43%
Total Carbohydrate		19 g	6%†
Dietary Fiber		1 g	4%†
Sugars		3 g	*
Protein		60 g	
Vitamin D (as Cholecalciferol D-3)		400 IU	100%
Calcium		400 mg	40%
Sodium		540 mg	23%
Potassium		1100 mg	31%
Leucine		12 g	*
(As L-Leucine, Micronized Whey Protein Concentrate, Whey Protein Isolate, Whey Protein Concentrate, Hydrolyzed Whey Peptides, Milk Protein Concentrate, Milk Protein Isolate)		10 g	*
Glutamine		10 g	*
(As Whey Protein Isolate, Micronized Whey Protein Concentrate, Whey Protein Concentrate, Micronized L-Glutamine, Milk Protein Concentrate, Milk Protein Isolate, Hydrolyzed Whey Peptides)		3 g	*
Arginine		3 g	*
(As Micronized L-Arginine, Micronized Whey Protein Concentrate, Whey Protein Concentrate, Whey Protein Isolate, Milk Protein Concentrate, Milk Protein Isolate, Hydrolyzed Whey Peptides)		1 g	*
Micronized Creatine Precursors		1 g	*
Micronized L-Arginine, Micronized Guanidinoacetate, Micronized Glycine, Micronized AKG, Micronized L-Methionine		500 mg	*
Quercetin		100 mg	*
BioCore Edge™ Protease (from <i>Aspergillus oryzae</i> , <i>Aspergillus niger</i> and <i>Aspergillus melleus</i>) and Peptidase (from <i>Aspergillus oryzae</i>)		10 mg	*
Cinnamon Extract (<i>Cinnamomum zeylanicum</i>)(bark)(standardized for polyphenols)		5 mg	*
Lutemax 2020™ Lutein		1 mg	*
Zeaxanthin (as Zeaxanthin Isomers)			

†Percent Daily Values are based on a 2,000 Calorie Diet.

*Daily Value not established.

OTHER INGREDIENTS: Protein Blend (Micronized Whey Protein Concentrate, Whey Protein Isolate, Whey Protein Concentrate, Milk Protein Concentrate, Hydrolyzed Whey Peptides, Milk Protein Isolate), Natural and Artificial Flavors, Sunflower Oil Powder (Sunflower Oil, Maltodextrin, Modified Food Starch, Dipotassium Phosphate, Tricalcium Phosphate, Tocopherols), Titanium Dioxide, Gum Blend (Cellulose Gum, Xanthan Gum, Carrageenan), Lecithin, Salt Substitute (Salt, Potassium Chloride, Sodium Gluconate), Polyethylene Glycol, Sucralose, Acesulfame Potassium.

CONTAINS: Milk and Soybeans.

NOTICE: Use this product as a food supplement only. Do not use for weight reduction. Significant product settling may occur.

WARNING: Consult your physician prior to using this product if you are pregnant, nursing, taking medication, under 18 years of age or have a medical condition. Discontinue use two weeks prior to surgery.

IMG

UNLEASH THE POWER OF THE FIRST ANABOLIC PROTEIN FROM BEYOND RAW®

Beyond RAW® Re-Grow is a revolutionary product designed for hardcore athletes. This dual-action supplement is designed to help you maximize your lean muscle mass through powerful, synergistic phases: building lean muscle and protecting it. Phase 1 works to build lean muscle through mTOR-activated muscle protein synthesis. Phase 2 protects hard earned lean muscle by obstructing 5 growth-limiting catabolic factors. **This powerful formula complements your intense training and will help you achieve the mind-blowing strength and size you crave.***

PHASE 1: ANABOLIC MUSCLE SYNTHESIZER

The building phase starts with a colossal anabolic stack loaded with 60 grams of high-quality protein and essential aminos to trigger mTOR-activated muscle protein synthesis. Phase 1 also features massive amounts of Leucine, a powerful BCAA and mTOR initiator along with micronized Arginine that rapidly fuels rock-hard muscles after your grueling workout.*

Beyond RAW® Re-Grow uses a high-quality, rapidly absorbing source of whey protein which studies show helps increase total amino acid absorption by more than 100% and more than doubles the increase in leucine absorption*. **Re-Grow** is powered by a proven protein and amino acid blend shown to deliver more than a **25% increase** in muscle strength!*

PHASE 2: ANTI-CATABOLIC MUSCLE PROTECTOR

Phase 2 of this powerful formula works to combat the unwanted factors that slow muscle growth. **Beyond RAW® Re-Grow** not only helps to build lean muscle, it also protects muscle mass and combats the signals that lead to muscle breakdown.*

To combat these negative signals, **Beyond RAW® Re-Grow** features a creatine precursor complex that your body uses to create creatine. This formula also contains an antioxidant regeneration system that combats catabolism and provides superior antioxidant protection against muscle damaging free radicals.*

Beyond RAW® Re-Grow channels anabolic amplifiers and combats catabolic co-factors for hardcore results. Now, by combining extreme training and hardcore supplementation you can push the limits of size, strength, and stamina to achieve superior muscularity and dominant athletic performance.*

*As with any food product, use of this product alone will not lead to increased muscle mass or strength. This product is, however, useful for athletes involved in regular intense resistance training programs.

*In a randomized, double blind, controlled cross-over study of 16 healthy male volunteers, subjects experienced significantly higher maximum concentrations of Total Amino Acids, Branched Chain Amino Acids and Leucine one hour post-ingestion of two servings of the protein blend in GNC Beyond RAW® Re-Grow relative to amino acid concentrations measured post-ingestion of whey protein concentrate. Significant differences for the Rate of Change of BCAA and leucine absorption were also observed relative to the control group.

*An 8-week study of athletes performing an intense resistance exercise training regimen demonstrated that those using the proprietary module of whey protein and leucine in Re-Grow had greater increases in muscle strength and size than those on a placebo.

Typical Amino Acid Profile Per Two Scoop Serving

Alanine	3222 mg	Lysine	5071 mg
Arginine*	3796 mg	Methionine*	1340 mg
Aspartate	6480 mg	Phenylalanine	1744 mg
Cystine	1347 mg	Proline	3760 mg
Glutamine*	11008 mg	Serine	2976 mg
Glycine*	1438 mg	Threonine	4077 mg
Histidine	1030 mg	Tryptophan	828 mg
Isoleucine	3680 mg	Tyrosine	1558 mg
Leucine*	12281 mg	Valine	3363 mg

69000 mg

• Denotes naturally occurring and added.