

- An 8-week, randomized, double-blind, placebo-controlled study of 33 healthy men compared the effectiveness of this proprietary module of whey protein and leucine vs. an isocaloric carbohydrate place<u>bo consumed before and afte</u>r resistance training. Subjects consuming the leucine-whey protein supplement experienced greater increases in muscle strength than those on the placebo. Leucine-whey protein supplementation also increased muscle cross-sectional area
- When used in conjunction with an exercise program.
 In an 8-week, randomized, double-blind, placebo-controlled study of 30 healthy male volunteers comparing 1 set in all o a-eact, raincing (RT) a active or carbohydrate placebo to 2 sets RT alone with no supplement, the active group showed equal gains in maximal muscle strength and muscle endurance compared to the control group.

 Sin a randomized, double-blind crossover clinical trial that included 20 recreationally trained, healthy male subjects, those taking 10 g whey protein isolate plus 10 g leucine immediately post-workout showed significant increases in key



Products bearing this logo have been tested for banned substances by LGC Science, Inc., a world-class anti-doping lab. *Product was tested for over 145 banned substances on the 2017 World Anti-Doping Agency (WADA) Prohibited List via LGC skip lot testing protocol #ICP0307. See gnc.com for more information.

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.



Store in a cool, dry place. For More Information: 1-888-462-2548 GNC.com General Nutrition Corporation
Pittsburgh, PA 15222 USA

KEEP OUT OF REACH OF CHILDREN.



ADVANCED MUSCLE PERFORMANCE

WHEYBOLIC

CLINICALLY PROVEN PERFORMANCE PROTEIN

Proven to Increase Muscle Strength & Size in Just 8 Weeks** Ultra-Pure, Fast-Absorbing Whey Protein Isolate & Hydrolysates **PROTEIN**

15_G

LEUCINE

VELOSITOL



DIETARY SUPPLEMENT NET WT 55.11 OZ

CODE 386548

DIRECTIONS: As a dietary supplement, consume 2 scoops in 8 ft. oz. of cold water or your favorite beverage. Wheybolic can be consumed first thing in the morning, pre-workout, and/or post-workout. For maximum results, reference usage benefits and consume 2 scoops twice daily.

Supplement Facts

% Daily Value % Daily Value Amount Per Serving Total Fat Saturated Fat Cholesterol Total Carbohydrate Dietary Fiber Total Sugars 100 ma 0.6 mg Chromium (as Chromium Picolinate and Chromium Histidinate 250 mca 190 mg Wheybolic™ Complex 11.2 q 22.4 a L-Leucine (from L-Leucine, Whey Protein Isolate, Hydrolyzed Whey Protein) L-Isoleucine (from Whey Protein Isolate, Hydrolyzed Whey Protein, Micronized L-Isoleucine) L-Valine (from Whey Protein Isolate, Micronized L-Valine, Hydrolyzed Whey Protein) Glutamic Acid and Glutamine (from Whey Protein Isolate, Hydrolyzed Whey Protein Velositol® Amylopectin Chromium Complex

(70,000 HUT/200 mg: 140,000 HUT/400 mg) † Percent Daily Values are based on a 2,000 calorie diet.

OTHER INGREDIENTS: Wheybolic Protein Complex (Whey Protein Isolate, Hydrolyzed Whey Protein), Cocoa Powder (Processed with Alkali), Natural and Artificial Flavors, Creamer (Sunflower Oil, Corn Syrup Solids, Sodium Caseinate, Mono- and Diglycerides, Dipotassium Phosphate, Tricalcium Phosphate, Soy Lecithin, Tocopherols), Lecithin, Salt, Gum Blend (Cellulose Gum, Kanthan Gum, Carrageenan), Sucralose, Acesulfame Potassium, Caramel Color.

CONTAINS: Milk and Soybeans.

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

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

ProHydrolase® Protease Enzyme Blend (Proteases from Bacillus subtilis and Ananas comosus)

ProHydrolase® is a trademark of Deerland Enzymes, Inc.

Velositol° and its associated logo is a trademark of Nutrition 21, LLC. Velositol° is patent protected.

Enhanced with More LEUCINE & BCAA than Standard Whey Protein

Elevated Muscle Fuel with a Premium 4:1:1 BCAA Ratio for Muscle Growth & Recovery^*

Features Only Premium, Ultra-Pure, Fast-Absorbing Protein

Only Whey Hydrolysates and a Clinical Core of Whey Isolate & Leucine to Improve Strength & Post-Training Anabolic Response ■ ◇*

Enhanced with VELOSITOL®

& PROHYDROLASE®

To Accelerate Muscle Protein Synthesis & Absorption of Amino Acids for Efficient Use by Muscles^*

For Pre-Workout & Cardio

Clinically Proven Support for Strength, Performance

For Post-Workout & Cardio

Provides Fast-Absorbing Whey Isolate & Hydrolysates Plus BCAA to Fuel Anabolic Muscle Support & Recovery^◊*

On Non-Training Days & Between Meals

Provides High-Quality Protein & Critical Amino Acids to Fuel Muscles while you Recover from Intense

f it's on our labels, then it's in our bottles. Full losing, full transparency and no proprietary blends Clinically studied ingredients backed by real science The most effective and premium performance protein available. Train harder.