

- 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 placebo consumed before and after 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 from baseline.

^ 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 resistance training (RT) + 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. On 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 anc.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.



KEEP OUT OF REACH OF CHILDREN. Store in a cool, dry place. For More Information: 1-888-462-2548 GNC.com Distributed by: General Nutrition Corporation Pittsburgh, PA 15222 USA



## 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

COOKIES

AND CREAM

NATURAL + ARTIFICIAL FLAVORS

**40**G **PROTEIN** 

**LEUCINE** 

**VELOSITOL** 

NET WT 54.67 OZ

(3.42 LB) 1550 G

DIRECTIONS: As a dietary supplement, consume 2 scoops in 8 fl. 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 Amount Per Serving % Daily Value % Daily Value 1 a 1% t Saturated Fat 0 q 15 mg Cholesterol Total Carbohydrat Total Sugars Includes Added Sugars 20 q 100 mg 200 mg Chromium (as Chromium Picolinate and Chromium Histidinate) 250 mcg 500 mca 125 mg 140 mg Wheybolic "Complex 11.2 g L-Leucine (from L-Leucine, Whey Protein Isolate, Hydrolyzed Whey Protein) L-Isoleucine (from Whey Protein Isolate, Hydrolyzed Whey Protein, Micronized L-Isoleucine 1.25 g L-Valine (from Whey Protein Isolate, Micronized L-Valine, Hydrolyzed Whey Protein) 1.25 a Glutamic Acid and Glutamine (from Whey Protein Isolate, Hydrolyzed Whey Protein) Velositol® Amylopectin Chromium Complex 500 mg ProHydrolase® Protease Enzyme Blend (Proteases from Bacillus subtilis and Ananas comosus) (70,000 HUT/200 mg: 140,000 HUT/400 mg)

t Percent Daily Values are based on a 2,000 calorie diet.

OTHER INGREDIENTS: Wheybolic™ Protein Complex (Whey Protein Isolate, Hydrolyzed Whey Protein), Natural and Artificial Flavors, Chocolate Flavored Sprinkles (Sugar, Corn Starch, Vegetable Oil [Palm Kernel Oil and/or Palm Oil], Cocoa [Processed with Alkali], Soy Lecithin, Dextrin, Confectioner's Glaze, Natural and Artificial Flavor, Carnauba Wax), Lecithin, Creamer (Sunflower Oil, Corn Syrup Solids, Sodium Caseinate, Mono- and Diglycerides, Dipotassium Phosphate, Tricalcium Phosphate, Soy Lecithin, Tocopherols), Salt, Gum Blend (Cellulose Gum, Xanthan Gum, Carrageenan), Sucralose, Titanium Dioxide, Acesulfame Potassium, Caramel Color.

CONTAINS: Milk and Sovbeans.

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.

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**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 & Stamina \*\*\*

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 dosing, full transparency and no proprietary blends. Clinically studied ingredients backed by real science The most effective and premium performance protein available. Train harder.