

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

^ 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 to set as R Jalone 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 protein (p7056k & rp56) associated with muscle protein synthesis.



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.



KEEP OUT OF REACH OF CHILDREN. Store in a cool, dry place. For More Information: 1-888-462-2548 GNC.com 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

CREAMY

PEANUT BUTTER

NATURAL + ARTIFICIAL FLAVORS

PROTEIN

BCAA

LEUCINE

VELOSITOL®

DIETARY SUPPLEMENT

NET WT 54.67 OZ

(3.42 LB) 1550 G

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.

| Serving Size Servings Per Container | 1 Scoop (31 g) 50 % Daily Value | | 2 Scoops (62 g) 25 % Daily Value | |
|--|--|------|---|-------|
| Amount Per Serving | | | | |
| Calories | 100 | | 200 | |
| Total Fat | 1 g | 1%† | 1.5 g | 2%† |
| Saturated Fat | 0 g | 0%† | 0.5 g | 3%† |
| Cholesterol | 15 mg | 5% | 25 mg | 8% |
| Total Carbohydrate | 3 g | 1%† | 7 g | 3%† |
| Total Sugars | 2 g | * | 3 g | * |
| Includes Added Sugars | 1 g | 2%† | 2 g | 4%† |
| Protein | 20 g | | 40 g | |
| Calcium | 100 mg | 8% | 200 mg | 15% |
| Chromium (as Chromium Picolinate and Chromium Histidinate) | 250 mcg | 714% | 500 mcg | 1429% |
| Sodium | 115 mg | 5% | 230 mg | 10% |
| Potassium | 140 mg | 3% | 270 mg | 6% |
| Wheybolic" Complex | 11.2 g | * | 22.4 g | * |
| BCAA | 7.5 g | * | 15 g | * |
| L-Leucine (from L-Leucine, Whey Protein Isolate, Hydrolyzed Whey Protein) | 5 g | * | 10 g | * |
| L-Isoleucine (from Whey Protein Isolate, Hydrolyzed Whey Protein, Micronized L-Isoleucine) | 1.25 g | * | 2.5 g | * |
| L-Valine (from Whey Protein Isolate, Micronized L-Valine, Hydrolyzed Whey Protein) | 1.25 g | * | 2.5 g | * |
| Glutamic Acid and Glutamine (from Whey Protein Isolate, Hydrolyzed Whey Protein) | 3 g | * | 6 g | * |
| Velositol* Amylopectin Chromium Complex | 500 mg | * | 1 g | * |
| ProHydrolase® Protease Enzyme Blend (Proteases from Bacillus subtilis and Ananas comosus) | 200 mg | * | 400 mg | * |

(70,000 HUT/200 ma; 140,000 HUT/400 ma) † 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, Creamer (Sunflower Oil, Corn Syrup Solids, Sodium Caseinate, Mono- and Diglycerides, Dipotassium Phosphate, Tricalcium Phosphate, Soy Lecithin, Tocopherols), Lecithin, Falt, Gum Blend (Cellulose Gum, Xanthan Gum, Carrageenan), Sucralose, Acesulfame Potassium, Cocoa Powder (Processed with Alkali).

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° is a trademark of Deerland Enzymes, Inc.

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

Supplement Facts Enhanced with More LEUCINE & BCAA an Standard Whey Protein

> vated Muscle Fuel with a Premium 4:1:1 BCAA io for Muscle Growth & Recovery^*

atures Only Premium, Ultra-Pure, st-Absorbing Protein

nly Whey Hydrolysates and a Clinical Core of Whey late & Leucine to Improve Strength & st-Training Anabolic Response

nhanced with VELOSITOL®

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

or Pre-Workout & Cardio

nically Proven Support for Strength, Performance

or Post-Workout & Cardio

ovides Fast-Absorbing Whey Isolate & Hydrolysates us BCAA to Fuel Anabolic Muscle Support & overv^ *

On Non-Training Days & Between Meals Provides High-Quality Protein & Critical Amino Acids to Fuel Muscles while you Recover from Intense Training^*

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.