

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

JUST 8 WEEKS'

* 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) a citive 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.

In a randomized, double-blind crossover clinical trial that included 20 recreationally trained, healthy male subjects, those taking 10g whey protein isolate plus 10g lecunic immediately post-workout showed significant increases in key protein (p7056k & rpS6) 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 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 **40**G **PROTEIN**

LEUCINE

VELOSITOL®

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 Enhanced with More LEUCINE & BCAA

Serving Size Servings Per Container	1 Scoop (31.25 g) 50 % Daily Value		2 Scoops (62.5 g) 25 % Daily Value	
Amount Per Serving				
Calories	100		200	
Total Fat	0.5 g	<1%†	1.5 g	2%†
Saturated Fat	0 g	0%†	0.5 g	3%†
Cholesterol	15 mg	5%	25 mg	8%
Fotal Carbohydrate	3 g	1%†	6 g	2%†
Total Sugars	1 g	*	2 g	*
Protein	20 g		40 g	
Calcium	100 mg	8%	200 mg	15%
ron	0.4 mg	2%	0.8 mg	4%
Chromium (as Chromium Picolinate and Chromium Histidinate)	250 mcg	714%	500 mcg	1429%
Sodium	120 mg	5%	240 mg	10%
Otassium	170 mg	4%	340 mg	7%
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 <i>Bacillus subtilis</i> and <i>Ananas comosus</i>) (70,000 HUT/200 mg; 140,000 HUT/400 mg)	200 mg	*	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), Cocoa Powder (Processed with Alkali), Natural and Artificial Flavors, Coffee Powder, 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, Acesulfame Potassium.

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. Gluten Free.

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

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



han Standard Whey Protein

evated Muscle Fuel with a Premium 4:1:1 BCAA tio for Muscle Growth & Recovery^*

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

nly Whey Hydrolysates and a Clinical Core of Whey solate & Leucine to Improve Strength & ost-Training Anabolic Response • 😽

nhanced with VELOSITOL® **PROHYDROLASE®**

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 &

On Non-Training Days & Between Meals Provides High-Quality Protein & Critical Amino Acids

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. ˈ



DIETARY SUPPLEMENT NET WT 55.11 OZ (3.44 LB) 1562.50 G