

- 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 ys. 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
- A When used in conjunction with an exercise program.

JUST 8 WEEKS'

• 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 In 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 qnc.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 Distributed by: 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 **40**G **PROTEIN** 

15<sub>G</sub> BCAA

LEUCINE

**VELOSITOL** 



DIRECTIONS: As a dietary supplement, consume 2 rounded 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 rounded scoops twice daily.

## Supplement Facts 1 Rounded Scoop (32.25 g) 2 Rounded Scoop (64.5 g) 3 Rounded Scoop (64.5 g)

Serving Size Servings Per Container	i kounded scoop	7 Rounded Scoop (32.23 g) 50		2 Rounteed Scoops (64.5 g)	
Amount Per Serving	% Daily Value		% Daily Value		
Calories	110		220		
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	5 g	2%†	9 g	3%†	
Total Sugars	2 g	*	4 g	*	
Includes Added Sugars	1 g	2%†	2 g	4%†	
Protein	20 g		40 g		
Calcium	110 mg	8%	220 mg	17%	
Iron	0.2 mg	1%	0.3 mg	2%	
Chromium (as Chromium Picolinate and Chromium Histidinate)	250 mcg	714%	500 mcg	1429%	
Sodium	100 mg	4%	200 mg	9%	
Potassium	140 mg	3%	280 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) (70,000 HUT/200 mg; 140,000 HUT/400 mg)	200 mg	*	400 mg	*	
† Percent Daily Values are based on a 2.000 calorie diet.					

\* Daily Value not established.

OTHER INGREDIENTS: Wheybolic Protein Complex (Whey Protein Isolate, Hydrolyzed Whey Protein), Natural Flavors, Cane Sugar, Creamer (Sunflower Oil, Corn Syrup Solids, Sodium Caseinate, Mono- and Diglycerides, Dipotassium Phosphate, Tricalcium Phosphate, Soy Lecithin, Tocopherols), Lecithin, Xanthan Gum, Salt, Stevia Leaf Extract, Monk Fruit Extract. 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. 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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ed Muscle Fuel with a Premium 4:1:1 BCAA for Muscle Growth & Recovery^\*

tures Only Premium, Ultra-Pure, t-Absorbing Protein

Whey Hydrolysates and a Clinical Core of Whey ate & Leucine to Improve Strength & raining Anabolic Response \*

nced with VELOSITOL®

celerate Muscle Protein Synthesis & Absorption ino Acids for Efficient Use by Muscles^\*

Pre-Workout & Cardio

ally Proven Support for Strength, Performance

Post-Workout & Cardio

des Fast-Absorbing Whey Isolate & Hydrolysates BCAA to Fuel Anabolic Muscle Support &

Non-Training Days & Between Meals

des High-Quality Protein & Critical Amino Acids iel Muscles while you Recover from Intense

If 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



DIETARY SUPPLEMENT NET WT 56.88 OZ (3.55 LB) 1612.5 G