

As your life becomes increasingly hectic, making healthy decisions that steer you toward wellness can be difficult. At any age, it is a challenge to maintain adequate protein levels in your diet. As the basic kick-starter for lean muscle repair,* 100% Whey helps you achieve maximum wellness and athletic performance by supporting a healthy metabolism and lean muscle.*

Following any level of exercise, amino acids are needed for growth, repair and maintenance of muscles.* This formula is packed with 24 grams of high-quality protein, containing all 9 essential amino acids, that digest quickly and support your wellness and performance goals.^

100% Whey is tested and certified Banned Substance Free. It is gluten free, tastes great and mixes easily with a simple stir, shake or blend.

^aWhen used in conjunction with an exercise program.



KEEP OUT OF REACH OF CHILDREN.
Store in a cool, dry place.

For More Information:
1-888-462-2548

SHOP NOW @ GNC.COM
Distributed by:
General Nutrition Corporation
Pittsburgh, PA 15222

* 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.



PERFORMANCE[®]

24G | **130** | **2G**
PROTEIN | CALORIES | SUGARS

High-Quality, Gluten Free Protein
Supports Healthy Metabolism &
Lean Muscle Recovery^{^*}

DIETARY SUPPLEMENT
25 SERVINGS
Net Wt 30.25 oz (1.89 lb) 857.5 g



CODE 369950

BRG

DIRECTIONS: As a dietary supplement, mix one scoop (34.3 g) in 6 fl. oz. of cold water, milk or your favorite beverage and blend well. Consume 1-2 servings per day. Best enjoyed post-workout and/or throughout the day as an additional source of protein.

Activity	Daily Dose	Protein (g)	Benefits
Non-Training/Off Day	1/2 - 1 scoop	12 - 24	Helps meet protein needs & fuels metabolism*
Cardio Training	1 scoop	24	Replenishes nitrogen for muscle protein synthesis*
Resistance Training	1 - 2 scoops	24 - 48	Provides anabolic building blocks, including BCAA*
Cardio & Resistance	2 scoops	48	Fuels lean muscle mass & supports optimal recovery*

Serving Size One Scoop (34.3 g)
Servings Per Container 25

Amount Per Serving		% Daily Value
Calories	130	
Calories from Fat	20	
Total Fat	2 g	3%
Saturated Fat	1 g	5%
Cholesterol	65 mg	22%
Total Carbohydrates	5 g	2%
Sugars	2 g	*
Protein	24 g	
Calcium	130 mg	13%
Sodium	75 mg	3%
Potassium	190 mg	5%

† Percent Daily Values based on a 2,000 calorie diet.
* Daily Value not established.

INGREDIENTS: 100% Whey Protein Blend (Whey Protein Concentrate, Whey Protein Isolate), Natural and Artificial Flavors, Gluten Free Chocolate Cookie Crumbs (Rice Flour, Sugar, Tapioca Starch, Cocoa Processed With Alkali, Palm Oil, Corn Starch, Salt, Natural Flavors, Sodium Bicarbonate, Soy Lecithin), Cellulose Gum, Xanthan Gum, Soy Lecithin, Acesulfame Potassium, Sucralose.

CONTAINS: Milk and Soybeans.

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

No Artificial Colors. No Preservatives. Gluten Free.



TYPICAL AMINO ACID PROFILE PER SERVING:

Alanine	1156 mg	Methionine	432 mg
Arginine	553 mg	Phenylalanine	767 mg
Aspartate	2530 mg	Proline	1509 mg
Cystine	293 mg	Serine	1245 mg
Glutamic Acid	4323 mg	Threonine	1541 mg
Glycine	527 mg	Tryptophan	506 mg
Histidine	410 mg	Tyrosine	579 mg
Isoleucine†	1538 mg	Valine†	1418 mg
Leucine†	2510 mg	Total	24049 mg
Lysine	2212 mg		

† Indicates Branched Chain Amino Acids

† Indicates Branched Chain Amino Acids (BCAA).

WAYS TO ENJOY YOUR 100% WHEY PROTEIN

1



SHAKE
Combine with cold water, milk or your favorite beverage in a shaker cup

2



BLEND
Make a delicious smoothie adding fruits, juices, peanut butter or yogurt

3



EAT
Mix powder in your oatmeal, yogurt or your favorite food