



* In a 8-week, randomized, double-blind, placebo-controlled study of 33 healthy men compared the effectiveness of this proprietary mixture 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.

* 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 (p70S6 & p90S6) associated with muscle protein synthesis.

* 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 RIPPED™

CLINICALLY PROVEN PROTEIN + THERMOGENIC

Proven to Increase Muscle Strength & Size in Just 8 Weeks **

Enhanced for Intense Energy & Metabolism Support*

CHOCOLATE FUDGE

NATURAL + ARTIFICIAL FLAVORS

40g PROTEIN

15g BCAA

10g LEUCINE

1g VELOSITOL®

150mg CAFFEINE

DIETARY SUPPLEMENT

NET WT 52.38 OZ
(3.27 LB) 1485 G

CODE 386564

R56

DIRECTIONS: As a dietary supplement, consume 2 rounded scoops in 8 fl. oz. of cold water or your favorite beverage. WheyBolic® Ripped 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. Do not consume close to bedtime.

Supplement Facts		
Serving Size	1 Rounded Scoop (33.75 g)	2 Rounded Scoops (67.5 g)
Servings Per Container	44	22
Amount Per Serving	% Daily Value	% Daily Value
Calories	110	210
Total Fat	1 g 1%	2 g 5%
Saturated Fat	0 g 0%	1 g 5%
Cholesterol	10 mg 3%	25 mg 8%
Total Carbohydrate	4 g 1%	8 g 5%
Total Sugars	1 g *	2 g *
Includes Added Sugars	0 g 0%	1 g 2%
Protein	20 g	40 g
Vitamin D	0.5 mcg 3%	0.9 mcg 5%
Calcium	110 mg 8%	220 mg 17%
Iron	0.8 mg 4%	1.5 mg 8%
Magnesium	26 mg 6%	51 mg 12%
Chromium (as Chromium Picolinate and Chromium Histidinate)	250 mcg 714%	500 mcg 1429%
Chloride	25 mg 1%	50 mg 2%
Sodium	190 mg 8%	380 mg 17%
Potassium	270 mg 6%	540 mg 10%
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, Microencapsulated L-Isoleucine)	1.25 g *	2.5 g *
L-Valine (from Whey Protein Isolate, Microencapsulated 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 Aspergillus oryzae)	200 mg *	400 mg *
(70,000 HUT/200 mg; 140,000 HUT/400 mg)		
Thermo Ripped Matrix	568 mg *	114 g *
Caffeine Anhydrous	75 mg *	150 mg *
Water Balance Blend	160 mg *	320 mg *
Dandelion Extract (Taraxacum officinale), Hawthorne Extract (Crataegus philloides), Potassium Chloride, Hibiscus Flower Powder (Hibiscus sabbardii), Uva Ursi Leaves Powder (Arctostaphylos uva-ursi)		
L-Carnitine (as L-Carnitine Tartrate)	333 mg *	666 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), Cocoa Powder (Processed with Alkali), Natural and Artificial Flavors, Creamer (Condensed Milk, Corn Syrup Solids, Sodium Caseinate, Mono- and Diglycerides, Dipotassium Phosphate, Tricalcium Phosphate, Soy Lecithin, Tocopherols, Sodium Citrate, Lecithin, Modified Dry Milk, Dipotassium Phosphate, Gum Blend (Cellulose Gum, Xanthan Gum, Carrageenan), Sucralose, Acesulfame Potassium, Caramel Color, Annatto (Color), Turmeric (Color), 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. 2 scoops supply 150 mg of caffeine.

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.

SUPERIOR PERFORMANCE PROTEIN

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**

Featuring a THERMO RIPPED MATRIX with CAFFEINE, L-CARNITINE & Key ELECTROLYTES

Supporting Intense Energy, Mental Focus, Fatty Acid Metabolism & Superior Hydration**

USAGE BENEFITS

For Pre-Workout & Cardio

Clinically Proven Support for Strength, Performance & Stamina, Plus Energy & Metabolism Support for Superior Results***

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 Training while Providing Energy & Metabolism Support**

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. Get ripped.

