

PRO PERFORMANCE® RESULTS

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.^

PRO PERFORMANCE® QUALITY

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.

*When used in conjunction with an exercise program.



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 2016 World Anti-Doping Agency (WADA) Prohibited List via LGC skip lot testing protocol #ICP0307. See gnc.com for more information.



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.

GNC

PRO PERFORMANCE®

24g PROTEIN | 150 CALORIES | 3g SUGARS

100% WHEY

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

DIETARY SUPPLEMENT
25 SERVINGS
Net Wt 33.69 oz (2.11 lb) 955 g



NATURAL CHOCOLATE
NATURAL FLAVOR - ASPARTAME FREE



CODE 369958

BRG

DIRECTIONS: As a dietary supplement, mix one scoop (38.2 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* Replenishes nitrogen for muscle protein synthesis* Provides anabolic building blocks, including BCAA* Fuels lean muscle mass & supports optimal recovery*
Cardio Training	1 scoop	24	
Resistance Training	1 - 2 scoops	24 - 48	
Cardio & Resistance	2 scoops	48	

Supplement Facts

Serving Size One Scoop (38.2 g)
Servings Per Container 25

Amount Per Serving	% Daily Value	
Calories	150	
Calories from Fat	25	
Total Fat	2.5 g	4%†
Saturated Fat	1 g	5%†
Cholesterol	60 mg	20%
Total Carbohydrates	8 g	3%†
Dietary Fiber	1 g	4%
Sugars	3 g	*
Protein	24 g	
Calcium	150 mg	15%
Sodium	95 mg	4%
Potassium	290 mg	8%

† 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), Cocoa Powder (Alkalized), Natural Flavors, Cane Sugar, Cellulose Gum, Soy Lecithin, Xanthan Gum, Stevia Extract, Sodium Chloride.

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 Flavors, No Artificial Colors, No Preservatives, Gluten Free.



TYPICAL AMINO ACID PROFILE PER SERVING:

Alanine	1156 mg	Methionine	429 mg
Arginine	577 mg	Phenylalanine	781 mg
Aspartate	2539 mg	Proline	1503 mg
Cystine	293 mg	Serine	1244 mg
Glutamic Acid	4320 mg	Threonine	1529 mg
Glycine	544 mg	Tryptophan	503 mg
Histidine	412 mg	Tyrosine	591 mg
Isoleucine†	1525 mg	Valine†	1423 mg
Leucine†	2477 mg	Total	24034 mg
Lysine	2188 mg		

† Indicates Branched Chain Amino Acids (BCAA).

WAYS TO ENJOY YOUR 100% WHEY PROTEIN



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



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



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