

GNC



# PRO PERFORMANCE

24g PROTEIN | 150 CALORIES | 3g SUGARS

# 100% WHEY

High-Quality, Gluten Free Protein  
Supports Healthy Metabolism & Lean Muscle Recovery<sup>^\*</sup>



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



NATURAL STRAWBERRY  
NATURAL FLAVOR - ASPARTAME FREE

CODE 369960

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*
Cardio Training	1 scoop	24	
Resistance Training	1 - 2 scoops	24 - 48	
Cardio & Resistance	2 scoops	48	Fuels lean muscle mass & supports optimal recovery*

## Supplement Facts

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

Amount Per Serving	% Daily Value	
Calories	150	
Calories from Fat	20	
Total Fat	2 g	3%†
Saturated Fat	1 g	5%†
Cholesterol	65 mg	22%
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	170 mg	5%

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



### TYPICAL AMINO ACID PROFILE PER SERVING:

Alanine	1156 mg	Methionine	434 mg
Arginine	553 mg	Phenylalanine	769 mg
Aspartate	2529 mg	Proline	1515 mg
Cystine	293 mg	Serine	1248 mg
Glutamic Acid	4335 mg	Threonine	1544 mg
Glycine	527 mg	Tryptophan	506 mg
Histidine	411 mg	Tyrosine	580 mg
Isoleucine†	1540 mg	Valine†	1421 mg
Leucine†	2504 mg	Total	24079 mg
Lysine	2214 mg		

† Indicates Branched Chain Amino Acids (BCAA).

## 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.

<sup>^</sup>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.

