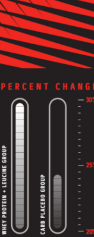
30% INCREASE

IN MUSCLE STRENGTH IN JUST 8 WEEKS*



* An 8-week, randomized, double-blind, placebo-controlled study of 33 healthy men compared the effectiveness of this proprietary matrix 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 18 g whey protein isolate plus 18 g leucine immediately post-workout showed significant increases in key protein Q#S6K1 # rpS6) 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.

FPO

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

GNC AMP

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*

40G PROTEIN
15G BCAA
10G LEUCINE
1G VELOSITOL®
150MG CAFFEINE

STRAWBERRIES AND CREAM

NATURAL + ARTIFICIAL FLAVORS

DIETARY SUPPLEMENT

NET WT 50.44 OZ (3.15 LB) 1430 G

CODE 366566 USS

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 stage benefits and consume 2 rounded scoops twice daily. Do not consume close to bedtime.

Supplement Facts

Serving Size	1 Rounded Scoop (32.5 g) / 2 Rounded Scoops (65 g)
Servings Per Container	44 / 22

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	10 mg	3%	25 mg	8%
Total Carbohydrate	4 g	1%†	8 g	3%†
Total Sugars	2 g	*	3 g	*
Includes Added Sugars	1 g	2%†	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	0.2 mg	1%	0.3 mg	2%
Magnesium	17 mg	4%	34 mg	8%
Chromium (as Chromium Picolinate and Chromium Nicotinate)	250 mcg	714%	500 mcg	1429%
Chloride	25 mg	1%	50 mg	2%
Sodium	110 mg	5%	220 mg	10%
Potassium	140 mg	3%	280 mg	6%
Wheybolic® Complex	**11.2 g**	*	**22.4 g**	*
BCAA	1 g	*	1 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, Microcrystal L-Isoleucine)	1.25 g	*	2.5 g	*
L-Valine (from Whey Protein Isolate, Microcrystal 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	*
Probiotikum® Release Enzyme Blend (Proteases from *Bacillus subtilis* and *Ananas comosus*) (15,000 HUT/300 mg; 140,000 HUT/400 mg)	700 mg	*	400 mg	*
Thermo Ripped Matrix	**568 mg**	*	**1.14 g**	*
Caffeine Anhydrous	75 mg	*	150 mg	*
Water Balance Blend	160 mg	*	320 mg	*
Dandelion Extract (*Taraxacum officinale*), Hawthorne Extract (*Crataegus pinnatifida*), Potassium Chloride, Hibiscus Flower Powder (*Hibiscus sabdariffa*), 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: **Whey Jelly™ Protein Complex** (Whey Protein Isolate, Hydrolyzed Whey Protein), Natural and Artificial Flavors, Creamer (Sunflower Oil, Corn Syrup Solids, Sodium Caseinate, Mono- and Diglycerides, Dipotassium Phosphate, Tricalcium Phosphate, Soy Lecithin, Tocopherols), Lecithin, Kinetic Fry Milk, Sodium Citrate, Citric Acid, Gum Blend (Cellulose Gum, Xanthan Gum, Carrageenan), Sucralose, Acesulfame Potassium, Red 40.

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.

GLUTEN FREE

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.