

PRO PERFORMANCE®
ESSENTIAL AMINO COMPLETE

RESULTS

Essential amino acids (EAA), including branched chain amino acids (BCAA), cannot be made by the body and therefore must be obtained through your diet. These amino acids are crucial to lean muscle maintenance and for helping to reduce muscle protein breakdown. Essential Amino Complete contains 5 grams of BCAA in an optimal 2:1:1 ratio to support protein synthesis, plus an additional 5 grams of EAA for muscle recovery and electrolytes for hydration^*

QUALITY

Essential Amino Complete is tested and certified Banned Substance Free.* It tastes amazing, contains no sugar and mixes easily with a simple stir, shake or blend.

USAGE BENEFITS

During Workout
Hydrates and fuels muscles.*

Post-Workout
Supports recovery.*

Non-Training Days
May be used to support muscle protein synthesis and help reduce muscle protein breakdown.*

^When 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 USA

GNC
PRO
PERFORMANCE

10G
TOTAL
AMINOS

5G
BCAA

5G
EAA

0G
SUGAR

ESSENTIAL AMINO
COMPLETE

- Fuels Muscles^*
- Supports Recovery*
- Replenishes Electrolytes*

DIETARY SUPPLEMENT
Net Wt 15.87 oz (450 g)



STRAWBERRY BANANA
NATURAL AND ARTIFICIAL FLAVORS

CODE 414651
DIRECTIONS: As a dietary supplement, mix one scoop in 10-16 fl. oz. of cold water and consume during workouts, post-workout and/or throughout the day. See usage benefits.

Supplement Facts		
Serving Size One Scoop (15 g) Servings Per Container 30		
Amount Per Serving	% Daily Value	
Calories	10	
Total Carbohydrate	3 g	1%†
Total Sugars	0 g	*
Includes 0 g Added Sugars		0%†
Vitamin B-6 (as Pyridoxine Hydrochloride)	0.64 mg	38%
Chloride (as Potassium Chloride, Sodium Chloride)	760 mg	33%
Sodium (as Trisodium Citrate Dihydrate, Sodium Chloride)	215 mg	9%
Potassium (as Potassium Chloride)	210 mg	4%
Total Essential Amino Acids	10 g	*
BCAA	5 g	*
L-Leucine	2.5 g	*
L-Isoleucine	1.25 g	*
L-Valine	1.25 g	*
Essential Amino Acid Blend	5 g	*
Micronized Lysine, Micronized Threonine, Micronized Phenylalanine, Micronized Tryptophan, Micronized Methionine, Micronized Histidine		
Electrolyte Complex	1.11 g	*
Trisodium Citrate Dihydrate, Sodium Chloride, Potassium Chloride		
† Percent Daily Values are based on a 2,000 calorie diet. * Daily Value not established.		

OTHER INGREDIENTS: Natural and Artificial Flavors, Citric Acid, Malic Acid, Sucralose, Acesulfame Potassium, FD&C Red 40.
NOTICE: Significant product settling may occur.

INFORMED-CHOICE
Trusted by sport

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 2018 World Anti-Doping Agency (WADA) Prohibited List via LGC skip lot testing protocol #ICP0307. See gnc.com for more information.

* 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.