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 module 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 (p70S6k & 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.

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 ALPHA™

CLINICALLY PROVEN PROTEIN + TEST & POWER

Proven to Increase Muscle Strength & Size in Just 8 Weeks*^**
Enhanced to Support Testosterone Levels & Power^^*

40G PROTEIN
15G BCAA
10G LEUCINE
1G VELOSITOL®
300MG TESTOFEN®

COOKIES AND CREAM
NATURAL + ARTIFICIAL FLAVORS

DIETARY SUPPLEMENT
NET WT 52.77 OZ
(3.30 LB) 1496 G

SCODE 386575 H56

DIRECTIONS: As a dietary supplement, consume 2 rounded scoops in 8 fl. oz. of cold water or your favorite beverage. Wheybolic™ Alpha 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.

Supplement Facts

Serving Size	1 Rounded Scoop (34 g)	2 Rounded Scoops (68 g)
Servings Per Container	64	32
Amount Per Serving	**% Daily Value**	**% Daily Value**
Calories	100	200
Total Fat	1 g 1%†	1.5 g 2%†
Saturated Fat	0 g 0%†	1 g 5%†
Cholesterol	10 mg 3%	20 mg 7%
Total Carbohydrate	4 g 1%†	8 g 3%†
Total Sugars	1 g *	2 g *
Includes Added Sugars	0 g 0%†	1 g 2%†
Protein	20 g	40 g
Calcium	110 mg 8%	220 mg 17%
Iron	0.2 mg 1%	0.5 mg 3%
Chromium (as Chromium Picolinate and Chromium Histidinate)	250 mcg 714%	500 mcg 1429%
Sodium	100 mg 4%	200 mg 9%
Potassium	120 mg 3%	240 mg 5%
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, Micronized L-Isoleucine)	1.25 g *	2.5 g *
L-Valine (from Whey Protein Isolate, Micronized 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 *Ananas comosus*) (70,000 HUT/200 mg: 140,000 HUT/400 mg)	200 mg *	400 mg *
Alpha Matrix	**2.025 g** *	**4.05 g** *
Creatine (as Creatine Monohydrate, Creatine Hydrochloride)	1.25 g *	2.5 g *
BETAPOWER® Betaine Anhydrous	625 mg *	1.25 g *
Testofen® Fenugreek Seed Extract (*Trigonella foenum-graecum*)	150 mg *	300 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), Natural and Artificial Flavors, Chocolate Flavored Sprinkles (Sugar, Corn Starch, Vegetable Oil [Palm Kernel Oil and/or Palm Oil], Cocoa [Processed with Alkali], Soy Lecithin, Dextrin, Confectioner's Glaze, Natural and Artificial Flavor, Carnauba Wax), Creamer (Sunflower Oil, Corn Syrup Solids, Sodium Caseinate, Mono- and Diglycerides, Dipotassium Phosphate, Tricalcium Phosphate, Soy Lecithin, Tocopherols), Lecithin, Salt, Acesulfame Potassium, Sucralose, Gum Blend (Cellulose Gum, Xanthan Gum, Carrageenan), Titanium Dioxide, Caramel Color.

CONTAINS: Milk and Soybeans.

WARNING: Consult your physician prior to using this product if you are pregnant, nursing, under 18 years of age, taking medication, or have a medical condition. Discontinue use two weeks prior to surgery.

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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Testofen® is a registered trademark of Gencor.
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 an ALPHA MATRIX with Clinically Studied TESTOFEN®, BETAPOWER® ◆ CREATINE
To Support Testosterone Levels & Enhance Power for Superior Performance^**

USAGE BENEFITS

For Pre-Workout & Cardio
Clinically Proven Support for Strength, Power, Performance & Stamina 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, Plus Healthy Testosterone 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 power. Be alpha.