

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

DIETARY SUPPLEMENT
NET WT. 21.0 OZ.
(1.36 LB) 616.5 g

CLASSIC VANILLA
NATURAL • ARTIFICIAL FLAVORS

CODE 386569

NSG

DIRECTIONS: As a dietary supplement, consume 2 rounded scoops (34.25 g) of cold water or your favorite beverage. **WheyBolic[™]** should 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. Do not consume close to bedtime.

Supplement Facts

Serving Size	1 Rounded Scoop (34.25 g)	2 Rounded Scoops (68.5 g)
Amount Per Serving	% Daily Value	% Daily Value
Calories	100	200
Total Fat	10g 20%	20g 40%
Saturated Fat	0g 0%	0g 0%
Cholesterol	15mg 5%	25mg 10%
Total Carbohydrate	5g 2%	9g 3%
Total Sugars	1g 2%	2g 4%
Includes Added Sugars	0g 0%	1g 2%
Protein	40g 80%	80g 160%
Vitamin D	0.5 mcg 1%	0.9 mcg 2%
Iron	10 mg 2%	20 mg 4%
Calcium	0.2 mg 0%	0.3 mg 0%
Magnesium	17 mg 4%	34 mg 8%
Chromium (as Chromium Picolinate and Chromium Hydroxide)	250 mcg 714%	500 mcg 1428%
Chloride	25 mg 1%	50 mg 2%
Sodium	200 mg 9%	390 mg 17%
Potassium	200 mg 4%	400 mg 8%

WheyBolic[™] Complex	11.2 g	22.4 g
BCAA	5 g	10 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)	1.75 g	3.5 g
L-Valine (From Whey Protein Isolate, Micronized L-Valine, Hydrolyzed Whey Protein)	1.75 g	3.5 g
Glutamic Acid and Glutamine (From Whey Protein Isolate, Hydrolyzed Whey Protein)	3 g	6 g
Velositol [®] Acetylsalicylic Chromium Complex	500 mg	1 g
Phospholipase [®] Protease Enzyme Blend (Proteases from Bacillus subtilis and Annona comosa)	200 mg	400 mg
(70,000 HUT/200 mg; 140,000 HUT/400 mg)		
Thermo Ripped Matrix	560 mg	1.14 g
Caffeine Anhydrous	75 mg	150 mg
Water Balance Blend	160 mg	320 mg
Dandelion Extract (Taraxacum officinale), Hawthorne Extract (Crataegus punctata), Potassium Chloride, Hibiscus Flower Powder (Hibiscus scaberrifolius), Yuzu (Zusua Laves) Powder (Aerostaphylos ovata), 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: WheyBolic[™] Protein Complex (Whey Protein Isolate, Hydrolyzed Whey Protein), Natural and Artificial Flavors, Creamer (Soyflower Oil, Corn Syrup Solids, Sodium Caseinate, Mono- and Diglycerides, Dipotassium Phosphate, Tricalcium Phosphate, Soy Lecithin, Tocopherols), Sodium Citrate, Lecithin, Nonfat Dry Milk, Dipotassium Phosphate, Titanium Dioxide, Sucralose, Gum Blend (Cellulose Gum, Xanthan Gum, Carageenan), Acesulfame Potassium, Annatto (Color), Turmeric (Color).

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.

NOTES: Use this product as a food supplement only. Do not use for weight reduction. Significant product setting may occur.

Phospholipase[®] is a trademark of Deerland Enzymes, Inc.

Velositol[®] and its associated logo is a trademark of Nutrition 21, LLC. Velositol[®] is patent protected.

* In 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 (p70S6 & p70S6) 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.

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[®]

A PHOSPHOLIPASE[®] 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 bags. Full dosing, full transparency and no proprietary blends. Clinically studied ingredients backed by real science. The most effective and premium performance available. Get ripped.



KEEP OUT OF REACH OF CHILDREN.

Store in a cool, dry place.

For More Information:

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GNC.com

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