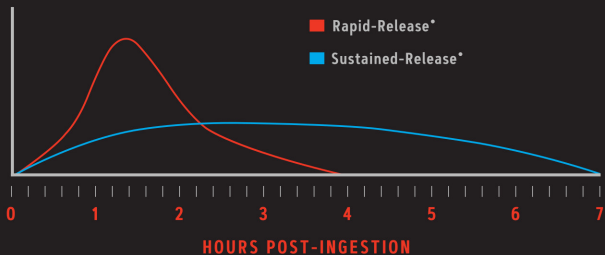


# 7-HOUR SUSTAINED RELEASE PROTEIN\*

Plasma Amino Acids



\* Visual illustration based on published data.

\* 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



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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 220 banned substances on the 2020 World Anti-Doping Agency (WADA) Prohibited List via LGC skip lot testing protocol #ICP0307.



ADVANCED MUSCLE PERFORMANCE

## SUSTAINED PROTEIN BLEND

7-HOUR SUSTAINED-RELEASE PROTEIN

Ultra-Premium Blend of 4 High-Quality Protein Sources

Rapid & Sustained-Release for Up to 7 Hours of Muscle Fuel\*



COCONUT CARAMEL  
NATURAL FLAVORS

DIETARY SUPPLEMENT  
NET WT 40.0Z (2.5 LB) 1134 G  
28 SERVINGS

25G  
PROTEIN

4  
PROTEIN  
SOURCES

5G  
BCAA

160  
CALORIES

CODE 414808

DIRECTIONS: As a dietary supplement, mix one heaping scoop (40.5 g) in 6-8 fl. oz. of cold water and enjoy. See usage benefits for additional suggestions and information.

KUG

## Supplement Facts

Serving Size 1 Scoop (40.5 g)  
Servings Per Container 28

| Amount Per Serving       | % Daily Value |     |
|--------------------------|---------------|-----|
| Calories                 | 160           |     |
| Total Fat                | 3 g           | 4%† |
| Saturated Fat            | 2 g           | 10% |
| Cholesterol              | 25 mg         | 8%  |
| Total Carbohydrate       | 7 g           | 2%† |
| Dietary Fiber            | 1.5 g         | 6%† |
| Total Sugars             | 1 g           | *   |
| Includes 0g Added Sugars |               | 0%† |
| Protein                  | 25 g          | 50% |
| Calcium                  | 340 mg        | 25% |
| Sodium                   | 85 mg         | 4%  |
| Potassium                | 300 mg        | 6%  |

† Percent Daily Values are based on a 2,000 calorie diet.

\* Daily Value not established.

OTHER INGREDIENTS: Protein Blend (Native Micellar Casein, Native Whey Protein Isolate, Whey Protein Hydrolysate, Egg White Protein), Cocoa (Processed with Alkali), Natural Flavors, Coconut Flakes, Vanilla Micro Cookie Gems (Sugar, Rice Flour, Buckwheat Flour, Palm Oil, Oat Flour, Natural Flavors, Sodium Bicarbonate, Salt, Sunflower Lecithin), Creamer (Sunflower Oil, Maltodextrin, Sodium Caseinate [a Milk Derivative], Tricalcium Phosphate, Mono- and Diglycerides, Mixed Tocopherols [Antioxidant]), Sunflower Lecithin, Sucralose, Gum Blend (Cellulose Gum, Xanthan Gum, Carrageenan), Acesulfame Potassium.

CONTAINS: Milk, Eggs and Tree Nuts.

Distributed by: General Nutrition Corporation  
Pittsburgh, PA 15222 USA

Gluten Free, No Soy.

NOTICE: Use this product as a food supplement only. Do not use for weight reduction. Significant product settling may occur. Product is sold by weight not volume.



### PERFORMANCE PROTEIN

4 Sources of Scientifically Blended Protein, Including Specially Processed Native Protein – Protein in its Natural State

- Native Whey Isolate
- Native Micellar Casein
- Egg Whites
- Whey Hydrolysate

### USAGE BENEFITS

#### Breakfast

Rapid Release of Amino Acids to "Break Your Fast" & Fuel Muscles, Plus Ongoing Support for Up to 7 Hours\*

#### Between Meals

Sustained Release of Amino Acids for Ongoing Muscle Support\*

#### Post-Workout

Rapid Release of Amino Acids Plus Sustained Release for Ongoing Muscle Support & Protein Synthesis^\*

#### Non-Training Days

Provides Critical Amino Acids to Fuel Muscles During Recovery from Intense Training^\*

If it's on our labels, then it's in our bottles. Full dosing, full transparency and no meaningless sprinkles. Superior ingredients backed by real science. Up to 7 hours of premium muscle fuel for advanced muscle performance.\*

\*When used in conjunction with an exercise program.