

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 carbolydrate 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, placebb-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 spins in maximal muscle strength and muscle endurance compared to the control group.



NOTICE: Use this product as a food supplement only. Do not use for weight reduction. roduct sold by weight not volume. Significant roduct settling may occur. elositol® and its associated logo is a trademark of Nutrition 21, LLC. Velositol® is patent protected. KEEP OUT OF REACH OF CHILDREN.

Store in a cool, dry place. For More Information: 1-888-462-2548 GNC.com

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.

INFORMED-CHOICE

\*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.



## ADVANCED MUSCLE PERFORMANCE

## **WHEYBOLIC**

CLINICALLY PROVEN PERFORMANCE PROTEIN

Proven to Increase Muscle Strength & Size in Just 8 Weeks \*\* Ultra-Pure, Fast-Digesting Whey Protein Isolate & Hydrolysates

**CREAMY PEANUT** 

NATURAL + ARTIFICIAL FLAVORS

BUTTER

LEUCINE<sup>‡</sup> 500<sub>MG</sub>

**40**G

15<sub>G</sub>

EAA!

6.2<sub>G</sub>

PROTEIN<sup>‡</sup>

VELOSITOL®:

Per 2 scoops

Serving Size Servings Per Container	1 Scoop (2	6.15 g) 50	2 Scoops (	52.3 g) 25	Growth & Recovery^*
Amount Per Serving	% Daily	Value	% Daily	Value	Features Only Premium, Ultra-Pure,
Calories	90	value	76 Daily	vatue	rast-vigesting Protein
Total Fat	0.5 g	1%†	1.5 g	2%†	Only Whey Hydrolysates and a Clinical Core o
Saturated Fat	0 g	0%†	0.5 g	3%†	Whey Isolate & Leucine to Improve Strength
Cholesterol	10 mg	3%	20 mg	7%	Enhanced with VELOSITOL® & Leucine
Total Carbohydrate	3 g	1%†	5 g	2%†	To Accelerate Muscle Protein Synthesis^*
Total Sugars	1 a	*	2 a	*	TO Accelerate Muscle Flotelli Sylitliesis

Cholesterol	10 mg	3%	20 mg	72
Total Carbohydrate	3 g	1%†	5 g	2%
Total Sugars	1 g	*	2 g	
Protein	20 g	40%	40 g	80%
Calcium	90 mg	7%	180 mg	14%
Chromium (as Chromium Picolinate & Chromium Histidinate)	125 mcg	357%	250 mcg	714%
Sodium	110 mg	5%	220 mg	10%
Potassium	120 mg	3%	240 mg	5%
L-Leucine (from Micronized L-Leucine, Whey Protein Isolate, Hydrolyzed Whey Protein)	3.1 g	*	6.2 g	,
Velositol® (Amylopectin/Chromium Complex)	250 mg	*	500 mg	
Enzyme Rlend (Rlend of Lactase & Bromelain)	200 ma	*	400 ma	

Percent Daily Values are based on a 2,000 calorie diet. Daily Value not established

OTHER INGREDIENTS: Protein Blend (Whey Protein Isolate, Hydrolyzed Whey Protein), Natural & Artificial Flavor, Sunflower Creamer (Sunflower Oil, Maltodextrin, Sodium Caseinate, Mono & Diglycarides, Natural Tocopherols, Tricalcium Phosphate), Salt, Cocoa Powder (Processed with Alkali), Gum Blend (Cellulose Gum, Xanthan Gum, Carrageenan), Sunflower Lectihin, Sucralose, Acesulfame Potassium, Silicon Dioxide.

## CONTAINS: Milk.

Gluten Free, No Soy.

Distributed by: General Nutrition Corporation Pittsburgh, PA 15222 USA

▲ WARNING: Cancer and Reproductive Harm - www.P65Warnings.ca.gov. 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.





DIETARY SUPPLEMENT

NET-WT 46.1 OZ (2.9 LB) 1307.5 G 25 SERVINGS

DIRECTIONS: As a dietary supplement, consume 2 scoops in 8 ft. oz. of cold water or your favorite beverage. Wheybolic can be consumed first thing in the morning, pre-workout and/or post-workout. For maximum results, reference usage benefits and consume 2 scoops twice daily.

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Sup	рl	e	m	e	n	t	Fa	cts
Serving Size Servings Per Container						1 Scoop	(26.15 g) 50	2 Scoops (52.3 g)

Amount Per Serving	% Dail	y Value	% Daily Value		
,		y value		y value	
Calories	90		190		
Total Fat	0.5 g	1%†	1.5 g	2%†	
Saturated Fat	0 g	0%†	0.5 g	3%†	
Cholesterol	10 mg	3%	20 mg	7%	
Total Carbohydrate	3 g	1%†	5 g	2%†	
Total Sugars	1 g	*	2 g	*	
Protein	20 g	40%	40 g	80%	
Calcium	90 mg	7%	180 mg	14%	
Chromium (as Chromium Picolinate & Chromium Histidinate)	125 mcg	357%	250 mcg	714%	
Sodium	110 mg	5%	220 mg	10%	
Potassium	120 mg	3%	240 mg	5%	

r Pre-Workout & Cardio inically Proven Support for Strength, Performance & Stamina ■ • \*

**Enhanced with More LEUCINE than Standard Whey Protein** 

Elevated Muscle Fuel for Muscle

For Post-Workout & Cardio

Provides Fast-Digesting Whey Isolate & Hydrolysates Plus Leucine to Fuel 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^\*

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. Train harder.