



THE BENEFITS OF PROTEIN ADVANCE XR™

GNC's superior Pro Performance® XR Series™ Protein Advance XR™ contains a combination of 7 forms of premium protein to give athletes an immediate burst of amino acids followed by a sustained release of muscle fuel. This powerful formula is a revolutionary anabolic protein that supports growth^a and recovery.* This potent formula also contains the first ever intelligently delivered leucine with Optimal Timing Technology – OT™.

How can athletes possibly get the necessary fuel they need as they strive to achieve their peak athletic performance throughout the day? Pro Performance® Protein Advance XR™ is enhanced with OT™ which provides a sustained release of leucine for 6 hours.

OT™ – THE EXCLUSIVE GNC ADVANTAGE

OT™ is GNC's intelligent nutrient delivery system engineered to help release key ingredients during crucial times when you need them most! These breakthrough products are designed to deliver immediate and sustained release of ingredients to help maintain benefits throughout your workout, day or night. OT™ ingredients are coated with a special technology that controls when they are released.

These special actives may be seen in the product – now that's real technology you can see and feel! It goes without saying that protein is critical for stimulating muscle synthesis and preserving muscle glycogen stores. Leucine, a key branched chain amino acid, is one of the primary nutrients in protein responsible for these benefits. With the introduction of the unique, sustained-release technology, now you can get muscle fueling leucine for up to six hours!

NITRO-FACTOR™ – MAXIMIZE MUSCLE BUILDING

The full muscle building potential of a GNC product is based on its total nitrogen content – so the more nitrogen a product has, the stronger it will perform. Nitrogen needs increase during training, and if nitrogen levels are low, your body pulls from muscle stores which can result in catabolism, poor performance and longer recovery. To fuel performance and anabolism, Pro Performance® Protein Advance XR™ is loaded with 28 grams of nitrogen-boosting ingredients.

^aWhen used in conjunction with an exercise program.

* 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.



Products bearing this logo have been tested for banned substances by HPL Sport Science, a world-class anti-doping lab.
*Product was tested for over 145 banned substances on the 2012 World Anti-Doping Agency (WADA) Prohibited List via HPL skip lot testing protocol #ICP0307. See gnc.com for more information.



SCAN & LEARN MORE



XR SERIES™
PROTEIN
ADVANCE XR™
DIETARY SUPPLEMENT

7 Protein Blend to Fuel Muscle Growth* & Recovery to Help Combat Catabolism*

OT™ for Immediate & Sustained 6 Hour Extended Release Anabolic Leucine

Features 8g BCAA, 5g Glutamine, Mucuna & Digestive Enzymes



22 SERVINGS
Net Wt 32 oz (2 lb) 909 g



Recovery

22G PROTEIN | 140 CALORIES | 1G SUGAR | 7G CARBS

CODE 386214
DIRECTIONS: As dietary supplement, mix one scoop (40.2g) with 6-8 fl. oz. of water or your favorite beverage post-workout. For best results, take twice daily on training days and take one scoop between meals on non-training days.

Exercise	Daily Dose	Protein	Benefit
No Exercise	1/2 scoop with or between meals	11 g	Help meet protein needs & fuel metabolism*
Light to Moderate Exercise	1 scoop after exercise, with or between meals	22 g	Fuel muscles and metabolism & support recovery*
Moderate to Intense Exercise	2 scoops after exercise, with or between meals	44 g	Fuel optimal performance, lean muscle mass, metabolism & recovery*

The dosage chart above is a recommendation by GNC Scientists for best results from Pro Performance® XR Series™ Protein Advance XR™. It is recommended that the minimum daily dose is taken on each day based on activity level.

Supplement Facts

Serving Size One Scoop (40.2g) Servings Per Container 22	
Amount Per Serving	% Daily Value
Calories	140
Calories from Fat	20
Total Fat	2 g 3%†
Saturated Fat	1.5 g 8%†
Cholesterol	50 mg 17%
Total Carbohydrate	7 g 2%†
Sugars	1 g *
Protein	22 g
Calcium	150 mg 15%
Sodium	220 mg 9%
Potassium	200 mg 6%
Glutamine	5 g *
(as L-Glutamine, Whey Protein Concentrate, Milk Protein Isolate, Calcium Caseinate, Whey Protein Isolate, Micellar Casein, Soy Protein Isolate)	
Branched Chain Amino Acid Blend	8 g *
Leucine (as OT™ L-Leucine, Whey Protein Concentrate, Whey Protein Isolate, Milk Protein Isolate, Calcium Caseinate, Micellar Casein, Soy Protein Isolate), Isoleucine (as Whey Protein Concentrate, Whey Protein Isolate, Milk Protein Isolate, Calcium Caseinate, Micellar Casein, Soy Protein Isolate), Valine (as Whey Protein Concentrate, Milk Protein Isolate, Calcium Caseinate, Whey Protein Isolate, Micellar Casein, Soy Protein Isolate)	
Mucuna Pruriens (Mucuna pruriens)(seed)(standardized for L-dopa)	500 mg *
Digestive Enzymes	100 mg *
Cellulase, Papain, Lipase, Bromelain	

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

OTHER INGREDIENTS: Protein Blend (Whey Protein Concentrate, Whey Protein Isolate, Milk Protein Isolate, Egg Albumen, Calcium Caseinate, Micellar Casein, Soy Protein Isolate), Natural and Artificial Flavors, Hydrogenated Vegetable Oil¹ (contains one or more of the following: soybean, palm, and cottonseed), Lecithin, Gum Blend (Cellulose Gum, Carrageenan, Xanthan Gum), Monoglycerides, Salt, Titanium Dioxide, Sucralose, Vanillin.

¹Trans fat free.

CONTAINS: Milk, Egg and Soybeans.

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

Typical Amino Acid Profile Per Serving:

Alanine	904 mg	Methionine	508 mg
Arginine	665 mg	Phenylalanine	843 mg
Aspartate	2203 mg	Proline	1452 mg
Cystine	366 mg	Serine	1122 mg
Glutamate*	5130 mg	Threonine	1284 mg
Glycine	416 mg	Tryptophan	355 mg
Histidine	477 mg	Tyrosine	822 mg
Isoleucine ¹	1269 mg	Valine ¹	1289 mg
Leucine*	6073 mg	Total	27000 mg
Lysine	1822 mg		

† Indicates Branched Chain Amino Acid (BCAA).
*Denotes naturally occurring and added free form amino acids.

STACK WITH: Pro Performance® BCAA Advance XR™, Creatine Advance XR™ and Restore Advance XR™.

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

