



Enhanced with MyoTOR® for improved strength & stamina\*\*\*

CLINICALLY PROVEN TO:

- Accelerate results in as early as 2 weeks\*\*\*
- Improve bench press by 30 lb. and leg extension by 22 lb.\*\*
- Increase arm circumference and improve lean body mass\*\*

\* 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.

\* An 8-week randomized, double-blind, placebo-controlled study of 118 healthy men participating in a supervised resistance training program showed that those taking MyoTOR® had significant increases in mean upper body strength (49.7 lb. vs. 19.4 lb.), mean lower body strength (42.1 lb. vs. 19.2 lb.) and muscle endurance after 8 weeks vs. those who took a placebo with the same exercise. Improvements in strength were seen in as early as 2 weeks. Men on MyoTOR® had greater improvements in muscle strength and endurance vs. those who took a placebo but exercised twice as much.

\* An 8-week randomized, double-blind, placebo-controlled study of 40 healthy men participating in a voluntary exercise routine showed that those taking MyoTOR® had significant improvements in upper and lower body strength, muscle endurance, arm circumference and lean body mass vs. those on a placebo after 8 weeks. Improvements in strength were seen in as early as 2 weeks.

KEEP OUT OF REACH OF CHILDREN.  
Store in a cool, dry place.

For More Information:  
1-888-462-2548  
GNC.com

BETAPOWER® is a registered trademark of DuPont or its affiliates.

MyoTOR® is a trademark of PLT Health Solutions - Laila Nutraceuticals, LLC. US Patent #9,907,825 and international patents pending.

Testofen® is a registered trademark of Gencor.

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

\* 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 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.



Trademarks of Vireo Systems, Inc. Creatine HCl is covered by one or more patents: [www.vireosystems.com/patents/](http://www.vireosystems.com/patents/)



ADVANCED MUSCLE PERFORMANCE

# WHEYBOLIC<sup>™</sup> ALPHA

CLINICALLY PROVEN PROTEIN + TEST & POWER

Proven to Increase Muscle Strength in as Early as 2 Weeks\*\*\*  
Enhanced to Support Testosterone Levels & Power \*



CLASSIC VANILLA

NATURAL + ARTIFICIAL FLAVORS

40G  
PROTEIN†

15G  
EAA†◇

6.2G  
LEUCINE†

650MG  
MyoTOR†

† Per 2 scoops

DIETARY SUPPLEMENT

NET WT 46.33 OZ (2.9 LB) 1313.4 G

22 SERVINGS

CODE 034568

DIRECTIONS: As a dietary supplement, consume 2 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 scoops twice daily. Do not exceed recommended dose. Consume ample amounts of water while taking this product.

## Supplement Facts

Serving Size 1 Scoop (29.9 g) 2 Scoops (59.7 g)  
Servings Per Container 44 22

| Amount Per Serving                                       | % Daily Value | % Daily Value |
|----------------------------------------------------------|---------------|---------------|
| Calories                                                 | 110           | 210           |
| Total Fat                                                | 0.5 g 1%†     | 1.5 g 2%†     |
| Saturated Fat                                            | 0.5 g 3%†     | 0.5 g 3%†     |
| Cholesterol                                              | 10 mg 3%      | 20 mg 7%      |
| Total Carbohydrate                                       | 4 g 1%†       | 9 g 3%†       |
| 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                                                   | 125 mg 5%     | 250 mg 11%    |
| Potassium                                                | 100 mg 2%     | 200 mg 4%     |

|                                                                                             |         |   |        |   |
|---------------------------------------------------------------------------------------------|---------|---|--------|---|
| L-Leucine (from Micronized L-Leucine, Whey Protein Isolate, Hydrolyzed Whey Protein)        | 3.1 g   | * | 6.2 g  | * |
| Creatine (as Creatine Monohydrate & Creatine Hydrochloride)                                 | 0.75 g  | * | 1.5 g  | * |
| Betaine Anhydrous (as BETAPOWER®)                                                           | 0.625 g | * | 1.25 g | * |
| MyoTOR® (Blend of Sphaeranthus indicus Flower Head Extract & Mangifera indica Bark Extract) | 325 mg  | * | 650 mg | * |
| Velositol® Amylopectin Chromium Complex                                                     | 250 mg  | * | 500 mg | * |
| Enzyme Blend (Blend of Lactase and Bromelain)                                               | 200 mg  | * | 400 mg | * |
| 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: Protein Blend (Whey Protein Isolate, Hydrolyzed Whey Protein), Natural & Artificial Flavor, Sunflower Creamer (Sunflower Oil, Maltodextrin, Sodium Caseinate, Mono & Diglycerides, Natural Tocopherols, Tricalcium Phosphate), Salt, Gum Blend (Cellulose Gum, Xanthan Gum, Carrageenan), Sunflower Lecithin, Sucralose, Acesulfame Potassium, Silicon Dioxide.

CONTAINS: Milk.

Distributed by: General Nutrition Corporation, Pittsburgh, PA 15222 USA

⚠ WARNING: Cancer and Reproductive Harm - [www.P65Warnings.ca.gov](http://www.P65Warnings.ca.gov). 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, No Soy.

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

Product sold by weight not volume. Significant product settling may occur.

LUG

## SUPERIOR PERFORMANCE PROTEIN

Enhanced with More LEUCINE & BCAA

than Standard Whey Protein

Elevated Muscle Fuel for Muscle Growth & Recovery\*\*

Featuring Clinically Studied  
BETAPOWER® + CREATINE,  
MyoTOR® & TESTOFEN®

To Enhance Power, Improve Strength & Stamina  
and Support Testosterone Levels\*\*\*

With Only Premium, Ultra-Pure,  
Fast-Digesting Protein

Only Whey Hydrolysates and a Clinical Core of  
Whey Isolate & Leucine to Improve Strength\*\*

## USAGE BENEFITS

For Pre-Workout & Cardio

Clinically Proven Support for Strength, Power,  
Performance & Stamina for Superior Results\*\*\*

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,  
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.

◇ EAA = essential amino acids

