



30% Increase in Muscle Strength*
The unique protein blend includes an anabolic module of 20 grams of whey protein and 6.2 grams of leucine that was clinically tested in an 8-week study of athletes performing an intense resistance exercise training regimen. The athletes using this proprietary module of whey protein and leucine demonstrated an increased improvement in muscle strength and muscle size as compared to those performing the same exercise training regimen who did not consume the proprietary module. In a clinical study of participants using a unilateral lower limb resistance training protocol, even the untrained limb demonstrated increases in muscle size.*

STACK WITH: PRO PERFORMANCE® AMP Amplified Ripped, Amplified Push and Amplified Recover PM.

*In an eight-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 (MMS) and muscle endurance (ME) compared to the control group.
*When used in conjunction with an exercise program. As with any food product, use of this product alone will not lead to increased muscle mass or strength.
*Per 3 scoop serving.
*Inclusion of these enzymes resulted in a 12% greater protein breakdown as measured by the release profile of the amino acid proline. These results represent the enzyme activity potential under simulated conditions. Effects in the human body have not been studied.
*In a double-blind, randomized, placebo-controlled cross-over study, 25 subjects exercised on a treadmill on two occasions. On one occasion the subjects took the thermogenic blend and on the second occasion, they took a placebo. When the subjects took the thermogenic blend, they burned 3 times more calories before, 3% more calories during and 12% more calories for up to one hour after exercise when compared to the placebo.
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CereCalase® is a registered trademark of National Enzyme Company.
Enzyme Matrix™ is a GNC trademark.
Sveto® is a trademark of Naturix Inc.
Capelmax™ is a trademark of OmniActive Health Technologies.



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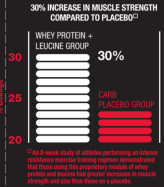
* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

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

For More Information:
1-888-462-2548

SHOP NOW @ GNC.COM

Distributed by:
General Nutrition Corporation
Pittsburgh, PA 15222



AMPLIFIED WHEYBOLIC EXTREME 60™ RIPPED

7 PRODUCTS IN ONE

- Clinically Proven Ingredients Deliver 30% More Strength[□] + Energizing Thermogenic Blend with 3x More Calorie Burn[◇]*
- Powerful Metabolism Activators with 1000mg L-Carnitine + 400mg Sveto[®] Green Coffee Bean Extract*
- Scientifically Formulated to Fuel Lean Muscle & a Ripped Physique with 60g Whey Protein Isolate & Hydrolysate Formula + 10g Leucine[△]*



NITRO-FACTOR | 68g™

FRENCH VANILLA

NATURAL + ARTIFICIAL FLAVORS

DIETARY SUPPLEMENT

Net Wt 44.6 oz (2.79 lb) 1267 g

CODE 386548
DIRECTIONS: Once per day as a dietary supplement, consume 1-3 scoops of GNC Pro Performance® AMP Amplified WheyBolic Extreme 60™ Ripped in 6, 8 or 12 fl oz of cold water respectively, 30 minutes before your workout. On non-training days, consume one serving first thing in the morning. For extreme results, take the full 3 scoop serving twice per day, pre- and post-workout.

Daily Dose:	Protein	Shredded Complex	Benefit
1 scoop 30 minutes pre-workout or between meals	20 g	200 mg	Helps meet protein needs & fuels metabolism*
2 scoops 30 minutes pre-workout or between meals	40 g	500 mg	Fuels muscles, metabolism & supports recovery*
3 scoops 30 minutes pre-workout or first thing in the morning	60 g	700 mg	Increase calorie burning, metabolism and strength by 30% while fueling a ripped physique*

Supplement Facts			
Serving Size: Scoops Per Container	1 Scoop (26.1 g) 45	2 Scoops (56.3 g) 70	3 Scoops (84.5 g) 135
Amount Per Serving	% Daily Value	% Daily Value	% Daily Value
Calories	100	200	300
Calories from Fat	10	15	20
Total Fat	1.9 29%	1.5 g 25%	2.9 39%
Saturated Fat	<0.5 g 29%	0.5 g 25%	1.1 55%
Cholesterol	10 mg 3%	20 mg 7%	30 mg 10%
Total Carbohydrate	3 g 1%	6 g 2%	9 g 3%
Sugars	1 g *	3 g *	4 g *
Protein	20 g	40 g	60 g
Niacin (as Nicotinic Acid)	6.6 mg 33%	13.3 mg 66%	20 mg 100%
Calcium	90 mg 9%	180 mg 18%	280 mg 28%
Sodium	100 mg 4%	200 mg 8%	310 mg 13%
Potassium	130 mg 4%	260 mg 7%	400 mg 11%
Amino Acid Blend			
Glutamine (as Whey Protein Isolate, Hydrolyzed Whey Protein)	3.33 g *	6.66 g *	10 g *
Leucine (as Whey Protein Isolate, Microencapsulated L-Leucine, Hydrolyzed Whey Protein)	3.33 g *	6.66 g *	10 g *
Arginine (as Whey Protein Isolate, Hydrolyzed Whey Protein)	333 mg *	666 mg *	1 g *
Metabolism Matrix			
Alanine (as Whey Protein Isolate, Hydrolyzed Whey Protein)	1 g *	2 g *	3 g *
Tyrosine (as Whey Protein Isolate, Hydrolyzed Whey Protein)	666 mg *	1.33 g *	2 g *
Methionine (as Whey Protein Isolate, Hydrolyzed Whey Protein)	500 mg *	1 g *	1.5 g *
L-Carnitine (as Carnitine Tartrate)	333 mg *	666 mg *	1 g *
Shredded Complex			
Sweet® Green Coffee Extract (Coffee camphora) (caffeinated green coffee beans)	133 mg *	266 mg *	400 mg *
Caffeine	66 mg *	133 mg *	200 mg *
CapSinate® Capsinum Extract (Capsicum annuum/fruit) (standardized for capsaicinoids)	33 mg *	66 mg *	100 mg *
Brown Seaweed (Fucus vesiculosus/whole plant)	16 mg *	32 mg *	50 mg *
Piperine BlackPepper (Piper nigrum/fruit) (standardized for black pepper)	1.6 mg *	3.3 mg *	5 mg *
Amino Acceleration System			
Enzyme Matrix® Blend (Amylase, Protease 4.5, Protease 6.0, CereCalase®, Peptidase, Alpha-galactosidase, Glucoamylase, Bromelain, Protease 3.0, Lipase, Protease AM, Invertase, Lactase, Aminogen®, Carbogen®)	79 mg *	158 mg *	239 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 and Artificial Flavors, Lecithin, Titanium Dioxide, Non-Fat Milk Powder, Cellulose Gum, Sucralose, Salt, Acesulfame Potassium.
CONTAINS: Milk and Soybeans.
Each Serving Supplies 200 mg Caffeine.*
WARNINGS: For adult use only. Use only as directed. 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.
NOTICE: Use this product as a food supplement only. Do not use for weight reduction. Significant product setting may occur.

TYPICAL AMINO ACID PROFILE PER SERVING			
Arginine	2027 mg	Lysine	5043 mg
Alanine	1256 mg	Methionine	1261 mg
Aspartate	6804 mg	Phenylalanine	1771 mg
Cystine	1491 mg	Proline	3967 mg
Glutamine & Glutamic Acid	10002 mg	Serine	2982 mg
Glycine	970 mg	Threonine	4566 mg
Histidine	785 mg	Tryptophan	575 mg
Isoleucine*	3967 mg	Tyrosine	1566 mg
Leucine**	10213 mg	Valine**	3452 mg
Total		83700 mg	

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

What is Amplified WheyBolic Extreme 60™ Ripped?
GNC's most advanced protein, Amplified WheyBolic Extreme 60™, has evolved even further to help meet your specific training goals, build lean muscle and fuel a ripped and muscular physique.* This product is the only thermogenic-enhanced, clinically proven whey protein isolate designed to help you support lean muscle mass and fuel a shredded physique. With a base of whey and leucine, this formula is clinically proven to fuel increased strength, muscle size and a 100% increase in exercise efficiency.** Our GNC scientists have AMPed up the protein with a Shredded Complex and a Metabolizer Matrix with clinically proven ingredients to maximize your results, making this product a combination of 7 products in 1!*

Amplified WheyBolic Extreme 60™ Ripped - Burn Calories, Build Muscle
This breakthrough formula takes protein functionality and performance to new levels so you can achieve chiseled, highly developed muscles.*

Shredded Complex & Metabolizer Matrix
Amplified WheyBolic Extreme 60™ Ripped delivers proven ingredients in the powerful Shredded Complex to help increase energy, calorie burning, boost training performance, and speed up metabolism, plus clinically studied Green Coffee Bean Extract.* In addition, the Metabolizer Matrix features a blend of key amino acids specifically designed to help fuel the metabolism of long chain fatty acids.* Combining alanine, tyrosine, methionine and 1 gram of L-Carnitine* makes this a potent blend for any athlete looking to get ripped.* The 1 gram of L-Carnitine* helps to transform fatty acids into energy for muscles and the body's energy production system.*

Highly Effective Whey-Leucine Base
The impressive 60 grams of protein* is made entirely from two of the highest quality, fast-absorbing forms of whey protein, isolates and hydrolysates, including 10 grams of leucine* to create an ideal environment for muscle protein synthesis.* This potent blend delivers Arginine, which is involved in creatine synthesis, and over 10 grams of glutamine* to provide anabolic effects. In fact, the whey and leucine blend in this product has been shown to increase muscle strength and stamina with half the sets.**

Powerful Amino Acid System
This product is loaded with an array of key amino acids necessary for muscle building and metabolism support, including L-Carnitine, Arginine and over 10 grams of glutamine.* These are important to help prevent breakdown of lean muscle.*

Digestive Enzyme Blend for 12% Greater Protein Breakdown
This digestive enzyme blend with proven bioactivity is designed to accelerate the availability and absorption of amino acids in muscles.* This proprietary enzyme blend provides a 12% greater protein breakdown for improved uptake.**

Nitro-Factor™ - Maximizing 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. Pro Performance® AMP Amplified WheyBolic Extreme 60™ Ripped with a Nitro-Factor™ of 68 grams* helps fuel performance and anabolism.*

Who can benefit from taking Amplified WheyBolic Extreme 60™ Ripped?
Whether you're a serious athlete, weekend warrior or training for a competition, you can benefit from this powerful formula. Now you can customize your dosing to meet your specific training goals and nutrient needs.

When Should I Take It?
Once per day, consume 1-3 scoops of GNC Pro Performance® AMP Amplified WheyBolic Extreme 60™ Ripped 30 minutes before your workout. On non-training days, consume one serving first thing in the morning. For extreme results, take the full 3 scoop serving pre- and post-workout.

- Amplified WheyBolic Extreme 60™ Ripped Features 7 Products in 1:**
1. Whey Protein Isolate
 2. Amino Acid Complex
 3. Leucine
 4. Carnitine
 5. Thermogenic
 6. Green Coffee Bean Extract
 7. Digestive Enzymes