

GNC PUREDGE™ sets the new standard for quality, nature-based sports nutrition without sacrificing delicious taste or the performance benefits you'd expect from the industry leader by providing powerful natural compounds and clinically studied ingredients. Each product is certified banned substance free, contains no unhealthy artificial additives, and features a powerful **Functional Flavor System** that utilizes active flavoring ingredients to go beyond delicious taste and deliver additional healthy functional benefits. These innovative products give you a strong and wholesome foundation for personal improvement in any fitness pursuit.*

Complete Protein is an advanced 20g protein blend that targets vital, core body systems that maintain muscle health, supplies you with daily nutritional needs and provides a delicious flavor that delivers functional antioxidant protection.* Whether you need to replenish your muscles after a great workout, support your health with a daily nutritional break, or satisfy your hunger, every ingredient is working together for you.*

The **Muscle Support & Recovery Blend** features important amino acids derived from whey protein, for an ideal environment for optimal muscle health and mind-body synergy when used in conjunction with physical activity.

- Delivers 5g of amino acids including the branched chain amino acids (BCAA) – leucine, isoleucine and valine – essential for protecting, repairing and fueling muscle*
- Provides cardiovascular and brain support with choline*
- Supports muscle function and recovery from exercise with glutamine*
- Supplies the minerals necessary for pH balance, water regulation and proper muscle function*
- Features 5g of fiber to help you feel fuller, longer plus chia and CLA for fatty acid support*

The **Energizing Whole-Food Fruits & Vegetables Blend** provides you with rich whole-food-based ingredients to help support your overall daily nutrition needs.

- Supplies 1 full serving of fruits and vegetables to help meet daily nutritional requirements†
- Supports healthy exercise performance and hydration with clinically studied betaine, an ingredient naturally occurring in beets*

The GNC **Functional Flavor System** provides amazing taste plus functions as a system to provide additional health support.* Instead of artificial ingredients, this system uses cocoa, a potent antioxidant, to provide a natural, great-tasting flavor while protecting muscle cells from harmful free radicals.* Even the delicious natural flavor is working for you!

* 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.



COMPLETE PROTEIN

WHOLE-FOOD-BASED PROTEIN

- Delicious 20g Protein Blend Sweetened with Stevia and Monk Fruit
- Provides 1 Serving of Fruits & Veggies† plus Chia & CLA*
- Over 5g of Amino Acids for Post-Workout Muscle Care*
- Promotes Satiety & Healthy Digestion with 5g Fiber*

No Artificial Flavors, Colors or Sweeteners

NATURAL CHOCOLATE

Uses real cocoa for enhanced antioxidant support*

DIETARY SUPPLEMENT
Net Wt 41.23 oz (2.57 lb) 1169 g



CODE 370080 JOG
DIRECTIONS: As a dietary supplement, mix two scoops (48.71 g) with 6 fl. oz. of cold water, milk or your favorite beverage daily or post-workout. For a thicker consistency, mix in a blender with ice and fruit.

Daily Dose	Protein	Provides	Benefit
1 serving 30 minutes pre-workout or between meals	20 g	1 serving fruits & veggies† and 5,300 mg amino acids	Helps meet protein needs & fuels metabolism*
2 servings 30 minutes post-workout or between meals	40 g	2 servings fruits & veggies† and 10,600 mg amino acids	Fuels muscles, metabolism & supports recovery*

Supplement Facts	
Serving Size Two Scoops (48.71 g) Servings Per Container 24	
Amount Per Serving	% Daily Value
Calories	190
Calories from Fat	45
Total Fat	5 g 8%†
Saturated Fat	1 g 8%†
Cholesterol	35 mg 12%†
Total Carbohydrates	16 g 5%†
Dietary Fiber	5 g 20%†
Sugars	5 g *
Protein	20 g
Calcium (as Calcium Lactate Gluconate)	370 mg 37%
Magnesium (as Trimagnesium Citrate)	80 mg 20%
Zinc (as Zinc Citrate)	2.5 mg 17%
Sodium (as Sodium Chloride)	90 mg 4%
Potassium (as Tripotassium Citrate & Potassium Chloride)	530 mg 15%
Energizing Whole-Food Fruits & Vegetables Blend	
Fruit & Vegetable Blend (Prune Powder, Zucchini Powder, Apple Powder, Blueberry Powder, Pea Powder, Sweet Potato Powder)	3900 mg *
Betaine (as BETAPOWER® Betaine Anhydrous)	2500 mg *
Muscle Support & Recovery Blend	
Leucine (as Whey Protein Concentrate, Whey Protein Isolate, Milk Protein Concentrate, Milk Protein Isolate & L-Leucine)	2000 mg *
Isoleucine (as Whey Protein Concentrate, Whey Protein Isolate, Milk Protein Concentrate, Milk Protein Isolate & L-Isoleucine)	1200 mg *
Valine (as Whey Protein Concentrate, Whey Protein Isolate, Milk Protein Concentrate, Milk Protein Isolate & L-Valine)	1200 mg *
Glutamine (as Whey Protein Concentrate, Whey Protein Isolate, Milk Protein Concentrate, Milk Protein Isolate & L-Glutamine)	800 mg *
Choline (as Choline Bitartrate)	100 mg *
Functional Flavor System Natural Chocolate Flavor, Natural Vanilla Flavor, Cream and Other Natural Flavor (Cocoa Powder, Cocoa Extract [10% Theobromine = 1 mg])	4700 mg *
† Percent Daily Values are based on a 2,000 calorie diet. * Daily Value not established.	

OTHER INGREDIENTS: Protein Blend (Whey Protein Concentrate, Milk Protein Concentrate, Milk Protein Isolate, Whey Protein Isolate), Inulin, Sunflower Oil, Buttermilk, Cane Sugar, Silicon Dioxide, Guar Gum, Medium Chain Triglycerides, Clarinol™ (Safflower Oil (contains Conjugated Linoleic Acid), Glucose Syrup, Sodium Caseinate, Silicon Dioxide, Lecithin, Tetrasodium Diphosphate, Tocopherol), Chia Seed Meal, Safflower Oil, Stevia, Disodium Phosphate, Monk Fruit Extract.
CONTAINS: Milk and Soybeans.
WARNING: 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.
NOTICE: Significant product settling may occur.

Complete Protein Contains:

- ✓ No Gluten-Added Ingredients
- ✓ No GMO^–Added Ingredients
- ✓ No Banned Substances
- ✓ No Artificial Flavors, Colors or Sweeteners
- ✓ No Preservatives
- ✓ No Wheat, Yeast, Fish or Egg
- ✓ No Sugar Alcohols

TYPICAL AMINO ACID PROFILE PER SERVING			
Arginine	620 mg	Lysine	1700 mg
Alanine	820 mg	Methionine	440 mg
Aspartate	1820 mg	Phenylalanine	780 mg
Cystine	190 mg	Proline	1500 mg
Glutamine & Glutamic Acid	4500 mg	Serine	1000 mg
Glycine	410 mg	Threonine	1000 mg
Histidine	450 mg	Tryptophan	300 mg
Isoleucine†	1100 mg	Tyrosine	740 mg
Leucine†	1900 mg	Valine†	1200 mg
Total		20470 mg	

† Indicates Branched Chain Amino Acids (BCAA).

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

Clarinol Clarinol® is a registered trademark of Stepan Lipid Nutrition.



*Product was tested for over 145 banned substances on the 2013 World Anti-Doping Agency (WADA) Prohibited List via HFL skip lot testing protocol #ICP0307. See gnc.com for more information.

^Our products are tested by an independent third party lab for genetically modified material and test below a 0.9% threshold.

†Based upon air dried fruits and vegetables.
KEEP OUT OF REACH OF CHILDREN.
Store in a cool, dry place.

For More Information:
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SHOP NOW @ GNC.COM
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