

GNC PUREEDGE™ 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 innovation uses strawberries and raspberries, both rich in polyphenols and antioxidants, to provide a great-tasting flavor while protecting healthy cells from damaging 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 BERRY

*Uses real berries for health support**

DIETARY SUPPLEMENT
Net Wt 41.42 oz (2.58 lb) 1174.5 g



CODE 370081 **JOG**
DIRECTIONS: As a dietary supplement, mix two scoops (48.94 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 (48.94 g) Servings Per Container 24			
Amount Per Serving	% Daily Value		
Calories	190		
Calories from Fat	40		
Total Fat	4.5 g	7%†	
Saturated Fat	1 g	5%†	
Cholesterol	35 mg	12%†	
Total Carbohydrates	17 g	6%†	
Dietary Fiber	5 g	20%†	
Sugars	4 g	*	
Protein	20 g		
Calcium (as Calcium Lactate Gluconate)	390 mg	39%	
Magnesium (as Trimagnesium Citrate)	65 mg	16%	
Zinc (as Zinc Citrate)	2.5 mg	17%	
Sodium (as Sodium Chloride)	95 mg	4%	
Potassium (as Tripotassium Citrate & Potassium Chloride)	380 mg	11%	
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 Raspberry Flavor, Natural Strawberry Flavor, Natural Mixed Berry Flavor and Other Natural Flavors (Strawberry Powder [3% Polyphenols = 3mg], Raspberry Powder [1.5% Polyphenols = 1.5 mg])	2700 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, Cane Sugar, Buttermilk, Red Beet Powder, Citric Acid, Silicon Dioxide, Guan 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	610 mg	Lysine	1800 mg
Alanine	800 mg	Methionine	460 mg
Aspartate	1700 mg	Phenylalanine	780 mg
Cystine	190 mg	Proline	1500 mg
Glutamine & Glutamic Acid	4560 mg	Serine	1000 mg
Glycine	400 mg	Threonine	1000 mg
Histidine	460 mg	Tryptophan	290 mg
Isoleucine†	1100 mg	Tyrosine	750 mg
Leucine*	1900 mg	Valine†	1200 mg
Total		20500 mg	

† Indicates Branched Chain Amino Acids (BCAA).

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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:
1-888-462-2548

SHOP NOW @ GNC.COM

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