

**GNC**  
PRO PERFORMANCE

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**24G** PROTEIN | **170** CALORIES | **2G** SUGAR | **5G** NET CARBS

You should never sacrifice taste in order to find a good protein. GNC Pro Performance® Decadent Delight™ is our best-tasting protein, HANDS DOWN! This sinfully, decadent protein provides your body with the pure, clean, high-quality ingredients without guilt! Each delicious serving supplies 24 grams of ultra-high-quality protein that you need to fuel muscles while maximizing recovery. The incredible flavor and rich, creamy milkshake taste and consistency are reminiscent of an old-time ice cream parlor treat.

**THE PRO PERFORMANCE RESULTS ADVANTAGE**  
When GNC's team of research scientists were challenged to develop a family-friendly protein formula that had an unbelievable great taste without seeing the sugars, carbs and fats go through the roof – they knew it would be tough.

Don't let the great taste fool you! GNC Pro Performance® Decadent Delight™ still provides the essential benefits of protein. Protein is essential in any nutrition regimen, regardless of age or activity, providing a catalyst to the body for protein synthesis and muscle growth.\* Its intake is crucial to support muscle growth and helps maintain a positive nitrogen balance in the body. Your muscles can only grow when your body retains enough nitrogen, and one of the most effective sources of nitrogen for fueling lean muscle mass is protein. The 5 sources of protein found in this formula deliver naturally occurring anabolic amino acids into your bloodstream. This spike in aminos provides nitrogen and subsequently creates a nitrogen-rich environment needed for maximum muscle protein synthesis. Protein synthesis is crucial to the building of lean muscle mass. The nitrogen factor of this product is 24.

**THE PRO PERFORMANCE QUALITY ADVANTAGE**  
GNC Pro Performance® Decadent Delight™ has also been tested and certified to be free of banned substances, providing peace of mind in the highest quality formulation. Our researchers created a superior whey protein formula that not only delivers rapid muscle-fueling results, but every formula has a satisfying, delicious, flavor profile. This formula also features additional fiber to improve digestive function and promote fullness, while the carbs work synergistically with the rest of the ingredients to replenish muscle energy. Not only is this product delicious, but it has no overstated protein values from aminos, cheap fillers or extenders – only the real protein grams per serving!

*Gourmet Milkshake*  
FLAVOR  
**DECADENT DELIGHT™**

**DELICIOUS PREMIUM PROTEIN**

- Unbelievable, Great-Tasting Gourmet Milkshake Flavor with 24g High-Quality, 5-Blend Protein
- Perfect for Shakes, Smoothies, Pudding, Ice Cream & More
- 5g Net Carbs with 5g Fiber for Fullness & Satiety and Over 9g Glutamine & BCAA for Muscle Recovery

**24G** PROTEIN | **VANILLA MILKSHAKE** NATURAL AND ARTIFICIAL FLAVORS

BANNED SUBSTANCE FREE  
**NITRO-FACTOR | 24G™**



**DELICIOUS CREAMY MILKSHAKE TASTE!**

**21 AMAZING SERVINGS**  
Net Wt 32 oz (2 lb) 909 g

CODE 386227 LOG  
DIRECTIONS: Mix two scoops (41.5 g) in 6 fl. oz. of cold water, milk or almond milk and blend well. GNC Pro Performance® Decadent Delight™ can be taken daily or immediately after your workout. Consume one to two servings daily. For optimal taste and consistency, mix with 3 oz. of ice and 3 oz. of liquid in a blender. Additional recipe options are available for pudding & ice cream!

**Nutrition Facts**

Serving Size Two Scoops (41.5 g)  
Servings Per Container 21

Amount Per Serving	% Daily Value†
<b>Calories</b> 170	
Calories from Fat 30	
<b>Total Fat</b> 3 g	5%
Saturated Fat 2 g	10%
Trans Fat 0 g	
<b>Cholesterol</b> 45 mg	15%
<b>Sodium</b> 170 mg	7%
<b>Potassium</b> 140 mg	4%
<b>Total Carbohydrate</b> 10 g	3%
Dietary Fiber 5 g	20%
Sugars 2 g	
<b>Protein</b> 24 g	
Vitamin A	0%
Vitamin C	0%
Calcium	25%
Iron	0%

† Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Potassium		3500mg	3500mg
Total Carbohydrate		300g	375g
Fiber		25g	30g

Calories Per Gram: Fat 9 • Carbohydrate 4 • Protein 4

**INGREDIENTS:** Protein Blend (Whey Protein Concentrate, Whey Protein Isolate, Micellar Casein, Milk Protein Concentrate, Milk Protein Isolate), Natural and Artificial Flavors, Polydextrose, Medium Chain Triglycerides, Maltodextrin, Creamer (Partially Hydrogenated Soybean Oil, Corn Syrup Solids, Sodium Caseinate, Dipotassium Phosphate, Polysorbate 60, Monoglycerides, Artificial Flavor, Riboflavin), Gum Blend (Cellulose Gum, Xanthan Gum, Carrageenan), Lecithin, Salt, Sucralose, Acesulfame Potassium.  
**CONTAINS:** Milk 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	1017 mg
Arginine	627 mg
Aspartate	2576 mg
Cystine	490 mg
Glutamine & Glutamic Acid	4339 mg
Glycine	423 mg
Histidine	470 mg
Isoleucine†	1397 mg
Leucine†	2319 mg
Lysine	1939 mg
Methionine	575 mg
Phenylalanine	865 mg
Proline	1711 mg
Serine	1193 mg
Threonine	1483 mg
Tryptophan	404 mg
Tyrosine	846 mg
Valine†	1326 mg
<b>Total</b>	<b>24000 mg</b>

† Indicates Branched Chain Amino Acid (BCAA)

^When used in conjunction with an exercise program.



Products bearing this logo have been tested for banned substances by HFL Sport Science, a world-class anti-doping lab. \*Product was tested for over 145 banned substances on the 2013 World Anti-Doping Agency (WADA) Prohibited List via HFL skip lot testing protocol #CPO307. See gnc.com for more information.

**DELICIOUS RECIPE SUGGESTIONS**

**TRIPLE DELUXE SHAKE**

- 2 Scoops of Decadent Delight™ Protein
- 6 fl oz water
- 1 t Natural Peanut Butter or Almond Butter
- Sugar-Free Whipping Cream

Combine all ingredients in a shaker cup; shake until ingredients are well mixed. Top with sugar-free whipping cream and enjoy!

**DESSERT PUDDING**

- 2 Scoops of Decadent Delight™ Protein
- 1 T Sugar-Free Instant Pudding
- Water (about 2-3 fl oz)
- Sugar-Free Whipping Cream

Mix ingredients in a bowl, then stir in just enough water to make batter consistency. Refrigerate for 15 minutes. Top with sugar-free whipping cream and enjoy!

**DELICIOUS ICE CREAM**

- 2 Scoops of Decadent Delight™ Protein
- Water (approximately 2-3 fl oz)
- 2 T Peanut Butter or Strawberries or Sugar-Free Caramel Sauce
- Sugar-Free Whipping Cream

Mix ingredients in a bowl and stir in just enough water to make batter consistency. Add dessert ingredients of choice and mix once again. Freeze for 10-15 minutes. Top with sugar-free whipping cream and a cherry!

**If more protein is desired, use more scoops and double ingredients.**



Store in a cool, dry place.  
For More Information:  
1-888-462-2548  
**SHOP NOW @ GNC.COM**  
Distributed by:  
General Nutrition Corporation  
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