The Benefits of Whey Protein Hydrolysates

Pro Performance® 100% Hydrolyzed Protein supplies one of the highest bioavailable protein sources available. Protein serves as a dietary source of amino acids. The body needs amino acids to build the various proteins used in the growth, repair and maintenance of lean muscle tissue. This powerful formula features 30 grams of ultra pure hydrolysates and only 1 gram of sugar, making it one of the cleanest protein sources you can find.

Whey protein hydrolysates offer the benefits of supplying high nutritional value and branched chain amino acids (BCAA) to athletes. BCAA are essential amino acids which are part of muscle protein. They may preserve muscle glycogen stores and help reduce the amount of protein breakdown during exercise. Additionally, the natural components of whey help to enhance the body's production of glutathione, a natural antioxidant, which may provide dietary support to the immune system. Whey protein hydrolysates yield a higher biological value, which measures usable grams of amino acids used by the body after intense exercise. The amino acids from whey protein hydrolysates move quickly through the digestive system. The consumption of these proteins can result in a rapid rise in blood amino acids and stimulate protein synthesis. Whey protein hydrolysates can be taken immediately before and/or after your workout to support muscle protein synthesis.

This superior formula also features accentuated branched chain amino acids. These BCAA have been pulverized from large molecules into smaller particles that are easier to absorb and deliver fuel fast for powerful performance. Now you can fully power your muscles to new levels and utilize the BCAA needed for optimum performance. Branched Chain Amino Acids (BCAA) – leucine, isoleucine and valine – are critically important for stimulating muscle protein synthesis, reducing protein breakdown and preserving muscle glycogen stores. The body uses these essential amino acids as fuel during exercise.

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TYPICAL NATURALLY OCCURRING AMINO ACIDS PER SERVING*

Alanine	1134 mg	Lysine	2990 mg
Arginine	642 mg	Methionine	867 mg
Aspartate	1941 mg	Phenylalanine	947 mg
Cystine	751 mg	Proline	139 mg
Glutamine	5985 mg	Serine	1404 mg
Glycine	533 mg	Threonine	2111 mg
Histidine	515 mg	Tryptophan	573 mg
Isoleucine*	2886 mg	Tyrosine	878 mg
Leucine*	5205 mg	Valine*	2412 mg
			33600 mg

*Denotes naturally occurring and added free form amino acids.

For Sales Information:
1-800-and-Pure

DO NOT REMOVE SHRINK SEAL

Distributed by:
General Nutrition Corporation
Pittsburgh, PA 15222

GNC PRO PERFORMANCE®

New 100% HYDROLYZED PROTEIN

ULTRA-PURE WHEY PROTEIN HYDROLYSATES

- 30 GRAMS OF WHEY HYDROLYSATES
- MICRONIZED, FAST-ABSORBING BCAA FOR RAPID MUSCLE FUEL UPTAKE
- ULTRA FAST, COMPLETE & PURE FORM OF WHEY PROTEIN WITH HIGH BIOAVAILABILITY OF AMINOS

NET WT 48 OZ (3 LB) 1364 G

CODE: 396096 A3

DIRECTIONS: Mix one serving (43g) of Pro Performance® 100% Hydrolyzed Protein with 8-10 fl. oz. of cold water. Ideal for pre-workout use and post-work recovery.

Nutrition Facts

Serving Size Two Scoops (43g)
Servings Per Container 37

Amount Per Serving		% Daily Value†
Calories	160	
Calories from Fat	10	
Total Fat 1g		2%
Saturated Fat 0g		0%
Trans Fat 0g		
Cholesterol 80mg		27%
Sodium 350mg		15%
Potassium 190mg		5%
Total Carbohydrate 6g		2%
Dietary Fiber <1g		0%
Sugars 1g		
Protein 30g		
Vitamin A	8% • Vitamin C	0%
Calcium	18% • Iron	2%

† Percent Daily Values are based on a 2000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:

	Calories	2000	2500
Total Fat	Less than	65 g	80 g
Sat. Fat	Less than	20 g	25 g
Cholesterol	Less than	300 mg	300 mg
Sodium	Less than	2400 mg	2400 mg
Potassium		3500 mg	3500 mg
Total Carbohydrate		300 g	375 g
Dietary Fiber		25 g	30 g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: Hydrolyzed Whey Protein Isolates, Micronized Branched Chain Amino Acids (L-Leucine, L-Isoleucine, L-Valine), Natural and Artificial Flavors, Gum Blend (Cellulose Gum, Xanthan Gum, Carrageenan), Sunflower Oil Powder (Sunflower Oil, Maltodextrin, Modified Food Starch, Dipotassium Phosphate, Tricalcium Phosphate, Lecithin, Salt, Acesulfame Potassium), Sucralose, Vanilla, Acesulfame Potassium.

CONTAINS: Milk and Soybeans.

NOTICE: Use as a food supplement only. Do not use for weight reduction. Significant product settling may occur. Store in a cool, dry place.