

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.

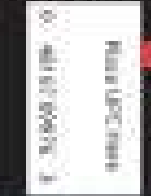
This superior formula also features micronized branched chain amino acids. These BCAA have been pulverized from large molecules into smaller particles that are easier to absorb and deliver fast fuel for powerful performance. Now you can truly power your muscles to new levels and utilize the BCAA needed 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.

Pro Performance® 100% Hydrolyzed Protein can be taken immediately before and/or after your workout.

TYPICAL NATURALLY OCCURRING AMINO ACIDS PER SCOOP

Alanine	1535 mg	Leucine	2993 mg
Arginine	946 mg	Methionine	667 mg
Aspartic Acid	1041 mg	Phenylalanine	841 mg
Cysteine	727 mg	Proline	139 mg
Glutamine	1587 mg	Serine	1404 mg
Glycine	523 mg	Threonine	2111 mg
Isoleucine	573 mg	Tryptophan	373 mg
Isoleucine*	2666 mg	Tyrosine	679 mg
Leucine*	1200 mg	Valine*	2472 mg
			10600 mg

*Denotes naturally occurring and added free form amino acids.



For More Information:
 1-800-451-7461
1-800-451-7461
 Distributed by:
 GNC Nutrition Company
 Fort Worth, TX 76102

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

DIRECTIONS: Mix one serving (1 Scoop) of Pro Performance® 100% Hydrolyzed Protein with 8-16 fl. oz. of cold water. Ideal for pre-workout use and post-work recovery.

Nutrition Facts

Serving Size Two Scoops (14g)
 Servings Per Container 32

Amount Per Serving	
Calories	140
Calories from Fat	0
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 5mg	1%
Sodium 255mg	10%
Potassium 110mg	2%
Total Carbohydrate 1g	2%
Dietary Fiber 0g	0%
Sugars 1g	
Protein 30g	

Vitamin B	10%	Vitamin C	10%
Calcium	10%	Iron	2%

*Percent Daily Values are based on a  *% Daily Values may be higher or lower depending on your calorie needs.

	Calories	2000	3000
Total Fat	Less than	100g	150g
Sat. Fat	Less than	50g	75g
Cholesterol	Less than	300mg	400mg
Sodium	Less than	2400mg	3600mg
Potassium		3400mg	5100mg
Total Carbohydrate		300g	450g
Dietary Fiber		25g	30g

INGREDIENTS: Hydrolyzed Whey Protein Isolate, Micronized Branched Chain Amino Acids (L-Leucine, L-Isoleucine, L-Valine), Natural and Artificial Flavors, Gum Blend (Cellulose Gum, Carrageenan, Guar Gum, Xanthan Gum, Hydroxypropyl Methylcellulose, Maltodextrin), Modified Food Starch, Dipotassium Phosphate, Tricalcium Phosphate, Triphosphate, Lecithin, Salt Substitute (Sodium Chloride, Potassium Chloride, Sodium Hexafluorant, Sucrose, Vitamin, Acesulfame Potassium).

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