**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 amino 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 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.

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

**TYPICAL NATURALLY OCCURRING AMINO ACIDS PER SERVING**

| | | | |
|---|---|---|---|
| Alanine | 1534 mg | Lysine | 2993 mg |
| Arginine | 642 mg | Methionine | 657 mg |
| Aspartate | 3441 mg | Phenylalanine | 645 mg |
| Cystine | 757 mg | Proline | 1338 mg |
| Glutamine | 6982 mg | Serine | 1420 mg |
| Glycine | 522 mg | Threonine | 2111 mg |
| Histidine | 513 mg | Tryptophan | 573 mg |
| Isoleucine* | 3598 mg | Tyrosine | 875 mg |
| Leucine* | 5336 mg | Valine* | 2452 mg |
| | | | 43008 mg |

*Denotes naturally occurring and added free form amino acids.

Please Recycle

# 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**

DRUG 366068 JLG

DIRECTIONS: Mix one serving (44g) 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 (44g)
Servings Per Container 31

| Amount Per Serving | | |
|---|---|---|
| Calories | 180 | |
| Calories from Fat | 10 | |
| | | % Daily Value† |
| **Total Fat** 1.5g | | 3% |
| Saturated Fat 0.5g | | 3% |
| Trans Fat 0g | | |
| **Cholesterol** 75mg | | 25% |
| **Sodium** 360mg | | 15% |
| **Potassium** 310mg | | 9% |
| **Total Carbohydrate** 5g | | 2% |
| Dietary Fiber 2g | | 8% |
| Sugars 1g | | |
| **Protein** 36g | | |
| Vitamin A | 8% • | Vitamin C 0% |
| Calcium | 15% • | Iron 8% |

† 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, Cocoa (Processed with Alkali), Micronized Branched Chain Amino Acids (L-Leucine, L-Isoleucine, L-Valine), Natural and Artificial Flavors, Sunflower Oil Powder (Sunflower Oil, Maltodextrin, Modified Food Starch), Potassium Phosphate, Tricalcium Phosphate, Tocopherols, Stevia Blend (Cellulose Gum, Xanthan Gum, Corngerseng), Lecithin, Salt Substitute (Salt, Potassium Chloride, Sodium Gluconate), Sucralose, 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.