

GNC
PRO PERFORMANCE®
AMP

AMPLIFIED TOTAL MUSCLE RECOVERY

- Optimal Muscle Performance Fuel Powered with 50g Protein, 20g Leucine & 10g Glutamine for Maximum Post-Workout Recovery^{†*}
- Proven to Generate 400% Greater Anabolic Environment by Modulating Insulin Levels^{**}
- Clinically Studied Ingredients to Fuel Muscle Cells & Enhance Joint Function^{*}
- Gluten Free



CLINICALLY RESEARCHED

CHOCOLATE

NATURAL + ARTIFICIAL FLAVORS

DIETARY SUPPLEMENT
Net Wt 30.18 oz (1.89 lb) 855.6 g

CODE 370074

JOG

DIRECTIONS: As a dietary supplement, consume 2 scoops (50.33 g) mixed with 8-10 fl. oz. of cold water or favorite beverage within 30 minutes after your workout. For maximum results, take 2 servings post-workout.

Supplement Facts

	2 Scoops (50.33 g)	4 Scoops (100.66 g)
Serving Size	2 Scoops (50.33 g)	4 Scoops (100.66 g)
Servings Per Container	17	8
Amount Per Serving	% Daily Value	% Daily Value
Calories	160	320
Calories from Fat	30	60
Total Fat	3 g 5%†	6 g 9%†
Saturated Fat	2 g 10%†	4 g 20%†
Trans Fat	0 g *	0 g *
Cholesterol	40 mg 13%†	80 mg 27%†
Total Carbohydrates	7 g 2%	14 g 5%
Dietary Fiber	2 g 8%	4 g 16%
Sugars	2 g *	4 g *
Protein	25 g	50 g
Vitamin D-3 (as Cholecalciferol D-3)	400 IU 100%	800 IU 200%
Sodium	70 mg 3%	140 mg 6%
Potassium (as Potassium Chloride)	400 mg 11%	800 mg 25%

Muscle & Nutrient Maximizer		
Leucine	10 g	20 g *
(as Whey Protein Isolate, Whey Protein Concentrate, Whey Peptides, OT ² ™ Leucine and L-Leucine)		
Joint & Recovery Complex		
Fast-Acting Proprietary Blend	125 mg	250 mg *
(Chinese Skullcap Root Extract [<i>Scutellaria baicalensis</i>], Cutch Tree Bark Extract [<i>Acacia catechu</i>])		
Hyaluronic Acid (as Sodium Hyaluronate)	10 mg	20 mg *
Glutamine	5 g	10 g *
(as Whey Protein Isolate, Whey Protein Concentrate, Whey Peptides and L-Glutamine)		

† Percent Daily Values are based on a 2,000 calorie diet.
* Daily Value not established.

OTHER INGREDIENTS: Protein Blend (Whey Protein Isolate, Whey Protein Concentrate, Micronized Whey Protein Concentrate, Whey Peptides), Cocoa Powder (Alkalinized), Natural and Artificial Flavors, Waxy Maize Starch, Gum Blend (Cellulose Gum, Xanthan Gum, Carrageenan), Lecithin, Acesulfame Potassium, Sucralose.

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.



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 2014 World Anti-Doping Agency (WADA) Prohibited List via HFL skip list testing protocol #ICP0307. See gnc.com for more information.



OT²™ - THE EXCLUSIVE GNC ADVANTAGE

GNC's breakthrough Optimal Timing Technology (OT²™) is an exclusive innovation that enhances ingredients to control their release. Just one concentrated scoop of Pro Performance® AMP Amplified Total Muscle Recovery gives an immediate burst plus a 6 hour release to fuel muscles.

TYPICAL AMINO ACID PROFILE PER SERVING

Alanine	1271 mg	Lysine	2365 mg
Arginine	567 mg	Methionine	478 mg
Aspartate	2732 mg	Phenylalanine	803 mg
Cystine	434 mg	Proline	1550 mg
Glutamine & Glutamic Acid	9856 mg	Serine	1250 mg
Glycine	527 mg	Threonine	1759 mg
Histidine	444 mg	Tryptophan	515 mg
Isoleucine†	1646 mg	Tyrosine	715 mg
Leucine†*	10196 mg	Valine†	1511 mg
Total		38019 mg	

† Indicates Branched Chain Amino Acids (BCAA).

* Denotes naturally occurring and added free form amino acids.

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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