

**GNC**  
PRO PERFORMANCE

## FAST MUSCLE NUTRITION WITH PURE WHEY ISOLATE PROTEIN

GNC Pro Performance® 100% Whey Isolate is dually-processed using scientifically advanced micro-filtration and ion-exchange processes to ensure an isolated whey protein that contains one of the highest percentages of protein with almost zero lactose and fat. This advanced isolation method helps us deliver the unrivaled quality you would expect from GNC Pro Performance® 100% Whey Isolate.

GNC Pro Performance® 100% Whey Isolate is an extremely high-quality source of amino acids including BCAA (branched chain amino acids). The body needs these amino acids to build, repair and maintain your muscles. The amino acids from whey protein isolate can help preserve muscle energy stores and help reduce the amount of protein breakdown during exercise.

The natural protein-based components found in the GNC Pro Performance® 100% Whey Isolate help to enhance the body's production of glutathione, a natural antioxidant, providing dietary support to the immune system. Whey Isolate is rapidly absorbed and delivers a fast supply of amino acids to drive protein synthesis. Taken before and after your workout, GNC Pro Performance® 100% Whey Isolate helps you achieve and maximize your results!

STACK WITH PRO PERFORMANCE®:  
100% Casein Protein  
RapidDrive® Glutamine 5000™  
RapidDrive® Creatine 5000™

Store in a cool, dry place.

For More Information:  
1-888-462-2548

SHOP NOW @ GNC.COM

Distributed by:  
General Nutrition Corporation  
Pittsburgh, PA 15222



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**GNC**  
PRO PERFORMANCE

# 100% WHEY ISOLATE

PURE WHEY PROTEIN ISOLATE

*Provides Over 6g of BCAA per Serving to Support Muscles*

*Fast-Absorbing Microfiltered Whey Protein Isolate*

*28g of High-Quality Whey Protein per Serving*

**28g** PROTEIN  
**STRAWBERRIES & CREAM**  
NATURAL AND ARTIFICIAL FLAVORS

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

Daily

Pre/Post-Workout

Recovery

**28g**  
PROTEIN

**130**  
CALORIES

**2g**  
SUGAR

**4g**  
CARBS

CODE 351112

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**DIRECTIONS:** Mix one scoop (34g) with 8 fl. oz. of cold water, milk or your favorite beverage and blend well. GNC Pro Performance® 100% Whey Isolate can be taken immediately before and/or after your workout. Follow the recommended dosage chart below for best results on both training and non-training days.

Activity	Daily Dose	Protein (g)	Benefits
No Training/Off Day	1/2 - 1 scoop	14 - 28	Fuels lean muscle & metabolism
Cardio Training	1 scoop	28	Supports recovery
Resistance Training	1 - 2 scoops	28 - 56	Boosts nitrogen balance
Cardio & Resistance	2 scoops	56	Replenishes anabolic building blocks

## Nutrition Facts

Serving Size One Scoop (34g)  
Servings Per Container 26

### Amount Per Serving

Calories 130  
Calories from Fat 5

	% Daily Value*
<b>Total Fat</b> 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 5mg	2%
<b>Sodium</b> 90mg	4%
<b>Potassium</b> 180mg	5%
<b>Total Carbohydrate</b> 4g	1%
Sugars 2g	
<b>Protein</b> 28g	
Vitamin A 0%	Vitamin C 0%
Calcium 10%	Iron 0%

Not a significant source of Dietary Fiber.  
\* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	2,000	2,500
<b>Total Fat</b>	65g	80g
Sat. Fat	20g	25g
Cholesterol	300mg	300mg
Sodium	2400mg	2400mg
Potassium	3500mg	3500mg
<b>Total Carbohydrate</b>	300g	375g
Dietary Fiber	25g	30g
Calories per gram:		
Fat 9	Carbohydrate 4	Protein 4

**INGREDIENTS:** Whey Protein Isolate, Natural and Artificial Flavors, Lecithin, Citric Acid, Acesulfame Potassium, FD&C Red #40, Sucralose.

**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 NATURALLY OCCURRING AMINO ACIDS PER SERVING:

Alanine	1444 mg
Arginine	674 mg
Aspartate	1740 mg
Cystine	739 mg
Glutamine	4980 mg
Glycine	544 mg
Histidine	580 mg
Isoleucine <sup>†</sup>	1829 mg
Leucine <sup>†</sup>	3212 mg
Lysine	2663 mg
Methionine	609 mg
Phenylalanine	994 mg
Proline	1638 mg
Serine	1379 mg
Threonine	1898 mg
Tryptophan	400 mg
Tyrosine	864 mg
Valine <sup>†</sup>	1733 mg
<b>Total</b>	<b>28000 mg</b>

<sup>†</sup> Indicates Branched Chain Amino Acids (BCAA).