

GNC
PRO PERFORMANCE

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Daily

Pre/Post-Workout

Recovery

17G
PROTEIN

110
CALORIES

4G
SUGAR

6G
CARBS

THE BENEFITS OF PROTEIN

GNC Pro Performance® Whey Protein Complex combines protein from whey, soy, caseinate and egg to provide you with a full spectrum of amino acids.

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 body tissues such as skin, bones and muscles. More specifically, it supplies 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.

PROTEIN CONSUMPTION

Depending on your athletic goals, your protein requirements can vary. Serious athletes should consume approximately one gram of protein per pound of body weight. This should be spread over four to six small meals. Inadequate protein in your diet can limit muscle protein synthesis which can compromise your athletic goals. The amino acids from whey protein move quickly through the digestive system. The consumption of these proteins will result in a rapid rise in blood amino acids and stimulate protein synthesis.

Whey Protein Complex can be taken immediately before and/or after your workout to support muscle protein synthesis.

TYPICAL NATURALLY OCCURRING AMINO ACIDS PER SERVING:

Alanine	717 mg	Lysine	1259 mg
Arginine	898 mg	Methionine	298 mg
Aspartate	1917 mg	Phenylalanine	737 mg
Cystine	278 mg	Proline	912 mg
Glutamine	3098 mg	Serine	907 mg
Glycine	507 mg	Threonine	912 mg
Histidine	395 mg	Tryptophan	278 mg
Isoleucine†	893 mg	Tyrosine	580 mg
Leucine†	1546 mg	Valine†	868 mg
		Total	17000 mg

† Indicates Branched Chain Amino Acid (BCAA)

* When used in conjunction with an exercise program, this product provides essential building blocks for muscle recovery and growth.

STACK WITH: GNC Pro Performance® RapidDrive® Arginine 5000™ and Creatine Monohydrate 5000.

For More Information:
1-888-462-2548

SHOP NOW @ GNC.COM

Distributed by:
General Nutrition Corporation
Pittsburgh, PA 15222



SCAN &
LEARN MORE

WHEY PROTEIN COMPLEX

FULL SPECTRUM PROTEIN MIX

Features 17g of High-Quality Protein and Only 4g of Sugar

Supports Muscle Recovery and Growth*

Great Source of Essential Amino Acids and BCAA

17G
PROTEIN

**DOUBLE
CHOCOLATE**
NATURAL AND ARTIFICIAL FLAVOR

32 SERVINGS
NET WT 32 OZ (2 LB) 909 G

CODE 350976

KMG

DIRECTIONS: Mix one scoop (28g) with 8 fl. oz. of cold water in a shaker cup or blender. Consume before and/or after your workout. For best results take 1 to 3 servings on training and non-training days.

Nutrition Facts

Serving Size One Scoop (28g)

Servings Per Container 32

Amount Per Serving

Calories 110

Calories from Fat 15

	% Daily Value†
Total Fat 1.5g	2%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 250mg	10%
Potassium 400mg	11%
Total Carbohydrate 6g	2%
Dietary Fiber 1g	4%
Sugars 4g	
Protein 17g	

Vitamin A	0%	Vitamin C	0%
Calcium	6%	Iron	10%

† Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

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

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

INGREDIENTS: Proprietary Protein Blend (Whey Protein Concentrate, Soy Protein Isolate, Calcium Caseinate, Egg Albumen), Cocoa (Processed with Alkali), Natural and Artificial Flavors, Gum Blend (Cobalose Gum, Xanthan Gum, Carrageenan), Lecithin, Salt, Acesulfame Potassium, Sucralose.

CONTAINS: Egg, Milk and Soybeans.

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