

GNC
PRO PERFORMANCE

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Daily

Pre/Post-Workout

RECOVERY

17G
PROTEIN

100
CALORIES

3G
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	896 mg	Methionine	298 mg
Aspartate	1917 mg	Phenylalanine	737 mg
Cystine	278 mg	Proline	912 mg
Glutamine	3096 mg	Serine	807 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 3g of Sugar

Supports Muscle Recovery and Growth*

Great Source of Essential Amino Acids and BCAA

17G
PROTEIN

CREAMY
VANILLA
NATURAL AND ARTIFICIAL FLAVORS

33 SERVINGS
Net Wt 32 oz (2 lb) 909 g

CODE 350877

DIRECTIONS: Mix one scoop (27.5g) 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.

KMG

Nutrition Facts

Serving Size One Scoop (27.5g)

Servings Per Container 33

Amount Per Serving

Calories 100

Calories from Fat 10

% Daily Value†

Total Fat 1g 2%

Saturated Fat 0.5g 3%

Trans Fat 0g

Cholesterol 20mg 7%

Sodium 220mg 9%

Potassium 330mg 9%

Total Carbohydrate 6g 2%

Sugars 3g

Protein 17g

Vitamin A 0% • Vitamin C 0%

Calcium 6% • Iron 8%

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

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.

Calories: 2000 2500

Total Fat Less than 65g 80g

Sat. Fat 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), Natural and Artificial Flavors, Gum Blend (Cellolose Gum, Xanthan Gum, Carrageenan), Acesulfame Potassium, Salt, Lecithin, 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.