

GNC
PRO PERFORMANCE[®]

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PRO PERFORMANCE[®]

Daily

Pre/Post-
Workout

Recovery

24G
PROTEIN

130
CALORIES

2G
SUGAR

5G
CARBS

Pro Performance[®] 100% Whey Protein delivers an ultra-high quality macronutrient protein formula with high amounts of naturally occurring amino acids the body needs every day. Whey protein is essential in any nutrition regimen, regardless of age or activity, providing a catalyst to the body for protein synthesis and muscle growth. For superior to other protein supplements, this advanced formula will provide your body with the pure, clean, high-quality protein you need to fuel muscles while maximizing recovery. Don't take chances with your results – get GNC Pro Performance[®] 100% Whey Protein and feed your body what it needs.

THE PRO PERFORMANCE[®] RESULTS ADVANTAGE

When GNC's team of research scientists looked to improve this 100% Whey Protein formula, they knew the answer was "more," specifically through a higher protein formula to enhance nitrogen retention. Your muscles can only grow when your body retains enough nitrogen. And one of the most effective sources of nitrogen for fueling lean muscle mass is whey protein. The specialty manufactured, ultra-microfiltered whey protein found in this formula delivers naturally-occurring anabolic amino acids into your bloodstream. This spike in amino acids provides nitrogen and subsequently creates a nitrogen-rich environment needed for maximum muscle protein synthesis. Protein synthesis is crucial to the building of lean muscle mass. The nitrogen factor of this product is 24.

THE PRO PERFORMANCE[®] QUALITY ADVANTAGE

GNC Pro Performance[®] 100% Whey Protein is also tested for banned substances*, providing peace of mind in the highest quality formulation. Our researchers created a superior whey protein formula that not only delivers rapid muscle fueling results, but every flavor has a satisfying, delicious, mouth-watering taste profile. Each serving mixes up instantly with a blender, shaker, or a spoon – it's that smooth and it couldn't be easier. This GNC Pro Performance[®] 100% Whey Protein is our best whey protein formula ever.



Products bearing this logo have been tested for banned substances by HPL Sport Science, a world-class anti-doping lab.

*Product was tested for over 145 banned substances on the 2012 World Anti-Doping Agency (WADA) Prohibited List via HPL skip lot testing protocol #ICPO307. See gnc.com for more information.

STACK WITH PRO PERFORMANCE[®]: RapidDrive[®] BCAA 5000[™], RapidDrive[®] Arginine 5000[™] and Creatine Monohydrate 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



SCAN &
LEARN MORE

100% WHEY PROTEIN

HIGH-QUALITY, FAST DIGESTING

Low Carb Diet Friendly and Great Tasting Formula

24g of Ultra-Microfiltered Whey Protein

Supports Muscle Recovery and Growth[†]



24G
PROTEIN

COOKIES & CREAM
NATURAL AND ARTIFICIAL FLAVOR • ASPARTAME FREE

27 SERVINGS
Net Wt 32.67 oz (2.04 lb) 926.1 g

CODE 386313

DIRECTIONS: Mix one scoop (34.3g) to 6 fl. oz. of cold water, milk or your favorite beverage and blend well. GNC Pro Performance[®] 100% Whey Protein 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	12 - 24	Helps meet protein needs & fuels metabolism
Cardio Training	1 scoop	24	Replenishes nitrogen for muscle protein synthesis
Resistance Training	1 - 2 scoops	24 - 48	Provides anabolic building blocks, including BCAA
Cardio & Resistance	2 scoops	48	Fuels lean muscle mass & supports optimal recovery

The dosage chart above is a recommendation by GNC Scientists for best results from 100% Whey Protein. It is recommended that the minimum daily dose is at least taken on each day based on activity level.

Nutrition Facts

Serving Size One Scoop (34.3g)
Servings Per Container 27

Amount Per Serving

Calories	130
Calories from Fat	20

	% Daily Value†
Total Fat 2g	3%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 70mg	23%
Sodium 80mg	3%
Potassium 200mg	6%
Total Carbohydrate 5g	2%
Dietary Fiber 0g	0%
Sugars 2g	
Protein 24g	

Vitamin A	0%	Vitamin C	0%
Calcium	13%	Iron	1%

† 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: 2,000	2,500
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: Protein Blend (Whey Protein Concentrate, Whey Protein Isolate), Natural and Artificial Flavors, Chocolate Cookie Crumbs (Rice Flour, Sugar, Tapioca Starch, Cocoa Processed with Alkali, Palm Oil, Corn Starch, Salt), Natural Flavors, Sodium Bicarbonate, Soy Lecithin, Cellulose Gum, Lecithin, Xanthan Gum, Acesulfame Potassium, 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. No Artificial Colors, No Preservatives.

TYPICAL NATURALLY OCCURRING AMINO ACIDS PER SERVING:

Alanine	1156 mg
Arginine	558 mg
Aspartic Acid	2528 mg
Cystine	293 mg
Glutamic Acid	4329 mg
Glycine	531 mg
Histidine	411 mg
Isoleucine [†]	1537 mg
Leucine [†]	2498 mg
Lysine	2209 mg
Methionine	433 mg
Phenylalanine	771 mg
Proline	1513 mg
Serine	1248 mg
Threonine	1540 mg
Tryptophan	506 mg
Tyrosine	582 mg
Valine [†]	1421 mg
Total	24080 mg

† Indicates Branched Chain Amino Acid (BCAA).
When used in conjunction with an exercise program.