

GNC
PRO PERFORMANCE[®]

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25G PROTEIN | **160** CALORIES | **2G** SUGAR | **10G** CARBS

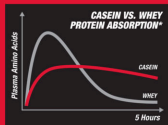
Casein protein is a slow-releasing protein with great muscle fueling potential. It features properties that slowly release amino acids into the bloodstream to feed muscles. It naturally provides key amino acids, such as glutamine and branched chain amino acids, so casein protein is excellent between meals and before bed for sustained amino acid delivery. As an ideal nitrogen-fueling supplement, this casein formula delivers an effective formula to help fuel your muscles' precious supply of nitrogen, since your muscles can only grow when your body is in positive nitrogen balance. GNC Pro Performance[®] 100% Casein Protein provides support for powerful anti-catabolic signals for efficient muscle fuel.

The specially treated and delicate micro-fraction forms of micellar and calcium casein protein found in GNC Pro Performance[®] 100% Casein Protein release their glutamine-rich amino acids very slowly to the muscles. The result is an unrivaled anti-catabolic effect. And it's this anti-catabolic effect on the muscles that ultimately leads to results! Quite simply – this formula works.

THE GNC PRO PERFORMANCE[®] 100% CASEIN PROTEIN QUALITY ADVANTAGE

GNC researchers created a superior casein protein formula that delivers results and tastes great. Each serving mixes up instantly with a blender, shaker cup, or spoon for a creamy, smooth shake – it's that easy! Taste-tests prove GNC Pro Performance[®] 100% Casein Protein is our best tasting casein protein formula ever!

This chart compares the branched chain amino acid (BCAA) absorption after consuming casein and whey protein. When compared to whey, casein concentration was significantly lower after one hour, forty minutes, but increased after five hours.



*In a randomized, double-blind controlled study of sixteen healthy adults, subjects consumed either whey protein or casein containing equal amounts of leucine. While plasma branched chain amino acid (BCAA) levels were highest at 100 minutes post-supplementation in subjects who consumed whey protein, after 300 minutes (5 hours) BCAA levels were higher in subjects who consumed casein compared to those who took whey protein.



STACK WITH PRO PERFORMANCE[®]: RapidDrive[®] Arginine 5000™, 100% Whey Isolate 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% CASEIN PROTEIN

SUSTAINED RELEASE TO FUEL POSITIVE NITROGEN BALANCE

25g of Slow-Release Protein Delivers Steady Amino Release*

Mixes Instantly with Delicious, Smooth Taste

Features Quality Caseinate Micro-Fractions

25G PROTEIN | CHOCOLATE PEANUT BUTTER
NATURAL AND ARTIFICIAL FLAVORS

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

CODE 386048

DIRECTIONS: Add one level scoop (42g) to 10 fl. oz. of cold water, milk or your favorite beverage and blend well. GNC Pro Performance[®] 100% Casein Protein can be taken first thing in the morning, in between meals and before bed. 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	12.5 - 25	Sustained release of muscle fuel
Cardio Training	1 scoop	25	Replenishes Nitrogen for muscle protein synthesis
Resistance Training	1 - 2 scoops	25 - 50	Extended supply of anabolic building blocks
Cardio & Resistance	2 scoops	50	Fuels metabolism & supports recovery

Nutrition Facts

Serving Size One Level Scoop (42g)
Servings Per Container 21

Amount Per Serving	
Calories	160
Calories from Fat	15

% Daily Value†

Total Fat	1.5g	2%
Saturated Fat	0g	0%
Trans Fat	0g	
Cholesterol	10mg	3%
Sodium	220mg	9%
Total Carbohydrate	10g	3%
Dietary Fiber	5g	20%
Sugars	2g	
Protein	25g	

Vitamin A	0%	Vitamin C	0%
Calcium	40%	Iron	6%

† 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
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:		
Fat	9	Carbohydrate 4
		Protein 4

INGREDIENTS: Protein Blend (Micellar Casein, Calcium Caseinate), Polydextrose, Cocoa (Processed with Alkali), Natural and Artificial Flavors, Sunflower Oil Powder (Sunflower Oil, Maltodextrin, Modified Food Starch, Dipotassium Phosphate, Tricalcium Phosphate, Tocopherols), Gum Blend (Cellulose Gum, Xanthan Gum, Carrageenan), Lecithin, Salt, Potassium Chloride, 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.

TYPICAL NATURALLY OCCURRING AMINO ACIDS PER SERVING:

Alanine	676 mg
Arginine	885 mg
Aspartate	1622 mg
Cystine	83 mg
Glutamine	5050 mg
Glycine	524 mg
Histidine	704 mg
Isoleucine†	1339 mg
Leucine†	2173 mg
Lysine	1858 mg
Methionine	653 mg
Phenylalanine	1168 mg
Proline	2469 mg
Serine	1422 mg
Threonine	1066 mg
Tryptophan	296 mg
Tyrosine	1367 mg
Valine†	1645 mg

Total 25000 mg

† Indicates Branched Chain Amino Acids (BCAA).