



30% Increase in Muscle Strength¹
The unique protein blend includes an anabolic module of 20 grams of whey protein and 6.2 grams of leucine that was clinically tested in an 8-week study of athletes performing an intense resistance exercise training regimen. The athletes using this proprietary module of whey protein and leucine demonstrated an increased improvement in muscle strength and muscle size as compared to those performing the same exercise training regimen who did not consume the proprietary module. In a clinical study of participants using a unilateral lower limb resistance training protocol, even the untrained limb demonstrated increases in muscle size.*



An 8-week study of athletes performing an intense resistance exercise training regimen demonstrated that consuming the proprietary module of whey protein and leucine in 3 scoops of Amplified WheyBolic Extreme 60™ Strength had greater increases in muscle strength and size than those on a placebo.*

REGULATE INSULIN TO MAXIMIZE YOUR ANABOLIC WINDOW

10G WHEY PROTEIN ISOLATE
10G LEUCINE

INCREASES INSULIN BY 400% FOR IMPROVED MUSCLE BUILDING AND RECOVERY²

¹ In a randomized, double-blind, cross-over clinical trial that included 20 recreationally trained, healthy male subjects, those taking this WPI and leucine blend immediately post-workout showed significant increases in plasma insulin concentration. Those taking the WPI and leucine blend showed 400% more insulin 30 minutes post-workout compared to a placebo.



*Inclusion of these enzymes resulted in a 12% greater protein breakdown as measured by the release profile of the amino acid tyrosine. These results represent the enzyme activity potential under simulated conditions. Effects in the human body have not been studied.

² As with any food product, use of this product alone will not lead to increased muscle mass or strength. This product is, however, useful for athletes involved in regular intense resistance training programs.

³ Per 3 scoop serving.

² In an eight-week, randomized, double-blind, placebo-controlled study of 30 healthy male volunteers comparing 1 set resistance training (RT) + active or carbohydrate placebo, protein in 3 scoops of Amplified WheyBolic Extreme 60™ Strength, to 2 sets RT alone with no supplement, the active group showed equal gains in maximal muscle strength (MMS) and muscle endurance (ME) compared to the control group.

KEEP OUT OF REACH OF CHILDREN.
Store in a cool, dry place.
For More Information:
1-888-962-2548
SHOP NOW @ GNC.COM
Distributed by:
General Nutrition Corporation
Pittsburgh, PA 15222



AMPLIFIED WHEYBOLIC EXTREME 60™ STRENGTH 6 PRODUCTS IN ONE

- Proven 30% Increase in Muscle Strength¹ + 60g Whey Isolate to Support Recovery & Muscle Growth^{2,3}
- 10g Leucine, 10g Glutamine, 4g Arginine & Fast-Acting Whey Hydrolysates to Accelerate Performance⁴
- Clinically Proven to Increase Insulin by 400% to Help Drive Nutrients for More Lean Muscle⁵



CLINICALLY RESEARCHED

CHOCOLATE
NATURAL + ARTIFICIAL FLAVORS

DIETARY SUPPLEMENT
Net Wt 50.88 oz (3.18 lb) 1445 g

CODE 388142 F06

DIRECTIONS: Once per day as a dietary supplement, consume 1-3 scoops of GNC Pro Performance® AMP Amplified WheyBolic Extreme 60™ Strength in 4, 8 or 12 fl oz of cold water respectively, 30 minutes before your workout. On non-training days, consume one serving first thing in the morning. For extreme results, take the full 3 scoop serving twice per day, pre and post-workout.

Supplement Facts

Serving Size	1 Scoop (28.3 g)	2 Scoops (56.7 g)	3 Scoops (85 g)
Servings Per Container	21	25	17
Amount Per Serving	% Daily Value	% Daily Value	% Daily Value
Calories	190	280	280
Calories from Fat	5	20	20
Total Fat	0.5 g 1% ¹	1.5 g 3% ¹	2 g 3% ¹
Saturated Fat	0.5 g 1% ¹	0.5 g 1% ¹	1 g 2% ¹
Cholesterol	5 mg 1% ¹	10 mg 2% ¹	15 mg 3% ¹
Total Carbohydrate	2 g 1% ¹	4 g 1% ¹	6 g 2% ¹
Dietary Fiber	<1 g 1% ¹	<1 g 1% ¹	1 g 4% ¹
Sugars	<1 g *	1 g *	2 g *
Protein	39 g *	40 g *	68 g *
Calcium	87 mg 9%	173 mg 17%	260 mg 26%
Sodium	100 mg 4%	200 mg 8%	300 mg 13%
Potassium	200 mg 6%	400 mg 11%	600 mg 17%
MicroSorb® Amino Acid Complex	4.7 g	9.3 g	14 g
Arginine (as Whey Protein Isolate, Micronized L-Arginine and Hydrolyzed Whey Protein), Glutamine (as Whey Protein Isolate, Hydrolyzed Whey Protein and Micronized L-Glutamine)			
Leucine	3.3 g *	6.7 g *	10 g *
(as Whey Protein Isolate, L-Leucine and Hydrolyzed Whey Protein)			
L-Carnitine (as L-Carnitine Tartrate)	367 mg *	333 mg *	500 mg *
Amino Acceleration System	76.7 mg *	158.3 mg *	239 mg *
Enzyme Matrix™ Blend (Amylase, Protease 4.5, Protease 8.0, GaseCalase®, Pepsinase, Alpha-Galactosidase, GlucoAmyrase, Bromelain, Protease 3.0, Lipase, Protease AM, Invertinase, Lactase, Amnasegase®, Carboaseg®)			

¹ Percent Daily Values are based on a 2,500 calorie diet.
* Daily Value not established.
OTHER INGREDIENTS: Protein Blend (Whey Protein Isolate, Hydrolyzed Whey Protein), Cocoa (Processed with Alkali), Natural and Artificial Flavors, Lecithin, Sucralose, Acesulfame Potassium.
CONTAINS: Milk and Soybeans.
NOTICE: Use this product as a food supplement only. Do not use for weight reduction. Significant product setting may occur. Amnasegase® & Carboaseg® are registered trademarks of Novus Industries. Enzyme Matrix™ and GaseCalase® are products of National Enzyme Company. Enzyme Matrix is a GNC trademark.

TYPICAL AMINO ACID PROFILE PER 3 SCOOP SERVING			
Alanine	2910 mg	Lysine	5721 mg
Arginine	3723 mg	Methionine	1258 mg
Aspartic	6481 mg	Phenylalanine	1620 mg
Cysteine	1487 mg	Proline	3614 mg
Glutamine & Glutamic Acid	18330 mg	Serine	2551 mg
Glycine	1910 mg	Threonine	2747 mg
Histidine	1080 mg	Tryptophan	1187 mg
Isoleucine	2787 mg	Tyrosine	1809 mg
Leucine	18380 mg	Valine	3449 mg
		Total	84,270 mg

¹ Indicates Branched Chain Amino Acids (BCAA).
² Denotes naturally occurring and added free form amino acids.

What is Amplified WheyBolic Extreme 60™ Strength?
Looking for a protein that will help **AMPLIFY** your gains? When it comes to enhancing your strength, size and stamina, nothing complements your training regimen like Amplified WheyBolic Extreme 60™ Strength! Along with a base of whey and leucine – proven in clinical studies to give you 30% increase in strength, increased muscle size, and a 100% improvement in exercise efficiency^{1,2,3} – we have AMPed up the protein with a total of 10 grams of leucine for protein synthesis and doubled the hydrolysates for rapid absorbing critical protein.⁴ That's even better fuel for a stronger body – premium protein for **ADVANCED MUSCLE PERFORMANCE**!

The Amplified WheyBolic Extreme 60™ Strength Evolution
How is this protein AMPified? GNC's scientists worked with leading exercise and sports nutrition experts and went beyond the extreme to develop this distinct product...

Highly Effective Whey-Leucine Base
The impressive 60 grams of protein is made entirely from two of the highest quality, fast-absorbing forms of whey protein – isolates and now even more hydrolysates.⁵ With 10 grams of leucine, this creates an ideal environment for muscle protein synthesis.⁶ This potent blend upregulates multiple Genetic Signaling Pathways (GSP) to enhance anabolism and muscle performance.* In fact, the whey and leucine blend in Amplified WheyBolic Extreme 60™ Strength has been shown to increase muscle strength and stamina with half the sets.^{6,7}

MicroSorb® Amino Acids – Using MicroSorb® Amino Technology, some of the amino acids added to this formula are pulverized, or "micronized" from large molecules into smaller particles to facilitate faster absorption. Why is that important? Better absorption of amino acids means better muscle fuel. These key amino acids support muscle building and recovery.*

Amino Acceleration System – This digestive enzyme blend is designed to accelerate the availability and absorption of amino acids to be efficiently used by the muscles.*

More Key Aminos – In addition to a whopping 10 grams of leucine, this formula is loaded with an array of aminos necessary for your muscles, which are delivered through advanced technologies that help to create a dual flow of quick-absorbing aminos through a blend of micronized and non-micronized amino acids that act as critical fuel

for protein synthesis and nitrogen balance.⁸ This complex blend of amino acids delivers 4 grams of arginine, which is involved in creatine synthesis, and over 10 grams of glutamine providing anabolic effects.⁹ The amino acid L-carnitine is included to help transform fatty acids into energy for muscles and the body's energy production system.*

The Proof is in the Protein – and then some... This cutting-edge formula is scientifically engineered to AMPLIFY your gains.

Amino Acceleration System
Features an Amino Acceleration System – a digestive enzyme blend with proven bioactivity. This proprietary enzyme blend provides a 12% greater protein breakdown for improved amino acid uptake.¹⁰

Who can benefit from taking Amplified WheyBolic Extreme 60™ Strength?
Those who are participating in resistance training regimens seeking improvements in muscle strength, size and stamina.

When Should I Take It?
Once per day as a dietary supplement, consume 1-3 scoops of GNC Pro Performance® AMP Amplified WheyBolic Extreme 60™ Strength in 4, 8 or 12 fl oz of cold water respectively, 30 minutes before your workout. On non-training days, consume one serving first thing in the morning. For extreme results, take the full 3 scoop serving twice per day, pre and post-workout.

Nitro-Factor™ – Maximize Muscle Building!
The full muscle-building potential of a GNC product is based on its total nitrogen content – so the more nitrogen a product has, the stronger it will perform. Pro Performance® AMP Amplified WheyBolic Extreme 60™ Strength with a Nitro-Factor™ of 72 grams helps fuel performance and anabolism.¹¹

Amplified WheyBolic Extreme 60™ Strength Features 6 Products in 1:
1. Whey Protein Isolate
2. BCAA Complex
3. Leucine
4. Arginine
5. L-Carnitine
6. Digestive Enzymes

STACK WITH PRO PERFORMANCE® AMP Amplified Strength Vitapak®, Amplified Creatine XXX™, Power & Amplified Maxertion N.O. V2.



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 140 banned substances on the 2014 World Anti-Doping Agency (WADA) Prohibited List. via HPL ship lab testing protocol WADA/2007. See gnc.com for more information.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.