



AMPLIFIED WHEYBOLIC EXTREME 60™ STRENGTH 6 PRODUCTS IN ONE

- Proven 30% Increase in Muscle Strength* - 60g Whey Isolate to Support Muscle Recovery & Growth**
- 10g Leucine, 10g Glutamine, 4g Arginine & Fast-Acting Whey Hydrolysates to Accelerate Performance***
- Clinically Proven to Increase Insulin by 400% to Help Drive Nutrients for More Lean Muscle*



DIETARY SUPPLEMENT
Net Wt 25.35 oz (1.31 lb) 595 g

CODE 386152

DIRECTIONS: Once per day as a dietary supplement, consume one, two or three scoops of GNC Pro Performance® AMP Amplified WheyBolic Extreme 60™ Strength in 4, 8 or 12 fl oz of cold water respectively, 30 minutes after your workout. On non-training days, consume one serving first thing in the morning. For extreme results, take the full three 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	20	10	7	
Amount Per Serving	% Daily Value	% Daily Value	% Daily Value	
Calories	90	190	280	
Calories from Fat	5	15	20	
Total Fat	0.5 g 1%†	1.5 g 2%†	2 g 3%†	
Saturated Fat	0.5 g 3%†	0.5 g 3%†	1 g 5%†	
Cholesterol	5 mg 2%	10 mg 3%	15 mg 5%	
Total Carbohydrate	2 g 1%†	4 g 1%†	6 g 2%†	
Dietary Fiber	<1 g 1%†	<1 g 3%†	1 g 4%†	
Sugars	<1 g *	1 g *	2 g *	
Protein	20 g	40 g	60 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 (as Whey Protein Isolate, L-Leucine and Hydrolyzed Whey Protein)	3.3 g *	6.7 g *	10 g *	
L-Carnitine (as L-Carnitine Tartrate)	167 mg *	333 mg *	500 mg *	
Amino Acceleration System	79.7 mg *	159.3 mg *	239 mg *	
Enzyme Matrix™ Blend (Amylase, Protease 4.5, Protease 6.0, CereCerase™, Peptidase, Alpha-Galactosidase, Glucoamylase, Bromelain, Protease 3.0, Lipase, Protease AM, Invertase, Lactase), Aminogen®, Carbogen®				
† Percent Daily Values are based on a 2,000 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 settling may occur.

Aminogen® and Carbogen® are registered trademarks of Triarco Industries. Enzyme Matrix™ and CereCerase® are products of National Enzyme Company. Enzyme Matrix is a GNC trademark.

* 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.

*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.

† Per 3 scoop serving.

*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.



Products bearing this logo have been tested for banned substances by HFL Sport Science, a world-class anti-doping lab. *Product was tested for over 145 banned substances on the 2014 World Anti-Doping Agency (WADA) Prohibited List via HFL skip lot testing protocol #CPO307. See gnc.com for more information.

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

* 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.

STACK WITH: PRO PERFORMANCE® AMP
Amplified Ripped, Amplified Push and
Amplified Recover PM.

KEEP OUT OF REACH OF CHILDREN.
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



60G



Recovery

Strength

Stamina

TYPICAL AMINO ACID PROFILE PER 3 SCOOP SERVING

Alanine	2916 mg	Lysine	5721 mg
Arginine*	3723 mg	Methionine	1258 mg
Aspartate	6481 mg	Phenylalanine	1920 mg
Cystine	1467 mg	Proline	3614 mg
Glutamine & Glutamic Acid*	10330 mg	Serine	2551 mg
Glycine	1018 mg	Threonine	3747 mg
Histidine	1089 mg	Tryptophan	1107 mg
Isoleucine†	3792 mg	Tyrosine	1809 mg
Leucine†	10308 mg	Valine†	3448 mg
Total		Total	66300 mg

† Indicates Branched Chain Amino Acids (BCAA).

* Naturally occurring and added

What is Amplified WheyBolic Extreme 60™ Strength?

Looking for a protein that will help AMPLIFY your game? 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*** – 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.† 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 AMPLIFIED? 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.† With 10 grams of leucine, this creates an ideal environment for muscle protein synthesis.† 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.**

Micronized Amino Acids – Using MicroSorb™ Amino Technology, 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.† 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.†* 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 game.

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.*

Who can benefit from taking Amplified WheyBolic Extreme 60™ Strength?

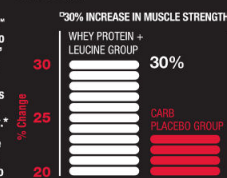
Those who are participating in resistance training regimens seeking improvements in muscle strength, size and stamina.

When Should I Take It?

Once per day, consume one, two or three scoops of GNC Pro Performance® AMP Amplified WheyBolic Extreme 60™ Strength 30 minutes after your workout. On non-training days, consume one serving first thing in the morning. For extreme results, take the full three scoop serving twice per day, pre and post-workout.

30% Increase in Muscle Strength*

The unique protein blend includes an anabolic module of 20 grams of whey protein and 0.2 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 those using 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.*

Increase Muscle Strength and Stamina with Half the Sets*

In a clinical study using a reduced volume resistance training protocol, the anabolic module in 3 scoops of Amplified WheyBolic Extreme 60™ Strength has been clinically shown to provide the same gains in maximum muscle strength and stamina doing one set while using Amplified WheyBolic Extreme 60™ Strength when compared to two sets of the same amount of training without supplementation.