



What is Amplified WheyBolic Extreme 60™ Casein?

This low-carb friendly, 66g multi-phase protein formula is your ultimate, anabolic rest and recovery support.* Continuously refuel your muscles with this powerful combination of slow-digesting micellar casein and fast-absorbing whey protein isolate throughout the day. **AMP Amplified WheyBolic Extreme 60™ Casein** is GNC's premium sustained muscle fuel with over 17g BCAA, including 10g Leucine, plus 12g Glutamine, 500mg Creatine† and clinically studied ingredients to:

- Improve muscle recovery with continuous anabolic fuel**
- Increase muscle strength and size by 30%^{2,3}
- Promote muscle growth & strength^{2,3}
- Enhance protein breakdown with advanced digestive enzymes*

Multi-Phase Protein Supplies Continuous Fuel for Muscle Recovery*^{2,3}

This powerful combination of slow-digesting micellar casein and fast-absorbing whey protein isolate delivers amino acids throughout the day, providing you the ultimate muscle recovery. ²Or continuous muscle support, simply take one scoop every 7-8 hours, three times daily.

MICELLAR CASEIN
WHEY ISOLATE

Estimated Duration of Amino Acid Delivery over 24 Hours²



10g Leucine Blend Clinically Proven to Increase Post-Exercise Anabolic Response^{2,3}



INCREASES INSULIN BY 400%² TO SUPPORT MUSCLE BUILDING AND RECOVERY^{2,3}

*In a randomized, double-blind, cross-over clinical trial that included 28 recreationally trained, healthy male subjects, those taking a WPI and leucine blend immediately post-workout showed significant increases in plasma insulin concentration. Those taking the WPI and leucine blend showed more muscle mass gain during post-workout recovery for a period.

Nitro-Factor™ - Maximizes 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. Nitrogen needs increase during training, and if nitrogen levels are low, your body pulls from muscle stores, which can result in catabolism, poor performance and longer recovery. Pro Performance® AMP Amplified WheyBolic Extreme 60™ Casein with a Nitro-Factor™ of 64 grams helps fuel performance and metabolism.**

Amplified WheyBolic Extreme 60™ Casein Features 6 Products in 1!

1. Whey Protein Isolate
2. Micellar Casein
3. Leucine
4. Creatine
5. Theanine
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.



AMPLIFIED WHEYBOLIC EXTREME 60™ CASEIN 6 PRODUCTS IN ONE

- 40g Slow-Digesting Micellar Casein + 20g Rapid-Absorbing Whey Isolate for Sustained Muscle Fuel & Recovery^{1,2,3}
- Clinically Proven Protein Blend to Help Rebuild & Repair Muscles^{2,3}
- 17g BCAA, 10g Leucine & 12g Glutamine to Combat Muscle Breakdown*
- Advanced Enzymes for Enhanced Digestion*



CLINICALLY RESEARCHED

CHOCOLATE MOUSSE

NATURAL + ARTIFICIAL FLAVORS

DIETARY SUPPLEMENT
Net Wt 43.2 oz (2.7 lb) 1225 g

CODE 414748

DIRECTIONS: As a dietary supplement, consume 1-3 scoops of GNC Pro Performance® AMP Amplified WheyBolic Extreme 60™ Casein in 4-8 oz of cold water per scoop post-workout. For continuous support and maximum results, take 1 full scoop every 7-8 hours, three times daily.

Daily Dose	Total Protein	Benefit
1 scoop in the morning	20 g	Helps meet protein needs & fuels metabolism*
1 scoop in the afternoon, 7-8 hours after previous dose	40 g	Fuels muscles & metabolism, supports recovery & muscle protein synthesis*
1 scoop in the evening, 7-8 hours after previous dose	60 g	Increases muscle size, anabolic factors, and strength by 30% ^{2,3}

Supplement Facts

Serving Size	1 Scoop (29.2 g)	2 Scoops (58.3 g)	3 Scoops (87.5 g)
Servings Per Container	43	21	14
Amount Per Serving	% Daily Value	% Daily Value	% Daily Value
Calories	150	200	300
Calories from Fat	5	10	20
Total Fat	0.5 g <1%	1 g 2%	2 g 5%
Saturated Fat	0.0 g 0%	0.5 g 1%	1 g 2%
Cholesterol	10 mg 2%	20 mg 4%	30 mg 10%
Total Carbohydrate	3 g 1%	6 g 2%	9 g 3%
Dietary Fiber	<1 g 2%	1 g 4%	2 g 8%
Sugars	<1 g	1 g	2 g
Protein	20 g	40 g	60 g
Calcium	330 mg 33%	660 mg 66%	990 mg 99%
Iron	0.56 mg 3%	1.1 mg 6%	1.7 mg 9%
Magnesium	20 mg 5%	40 mg 10%	60 mg 20%
Zinc	3.3 mg 22%	6.6 mg 44%	10 mg 63%
Sodium	70 mg 3%	140 mg 6%	210 mg 9%
Potassium	230 mg 7%	460 mg 13%	690 mg 20%

Amino Acids	4 g	8 g	12 g
Glutamic Acid & Glutamine (as Micellar Casein, Whey Protein Isolate)	4 g	8 g	12 g
Leucine (as Micellar Casein, Whey Protein Isolate, L-Leucine)	3.3 g	6.7 g	10 g
Arginine (as Micellar Casein, Whey Protein Isolate)	4.0 g	8.0 g	12.0 g

Recovery & Relaxation Compound	166 mg	333 mg	500 mg
L-Carnitine (as L-Carnitine Tartrate)	166 mg	333 mg	500 mg
Milk Protein Hydrolysate (Lactium®)	17 mg	33 mg	50 mg
L-Theanine (as Suntheanine®)	8 mg	17 mg	25 mg
Enzyme Matrix™ Blend (Amylase, Protease 4.3, Protease 6.0, DextCalase®, Pepsinase, Alpha-galactosidase, Glucosylase, Bromelain, Protease 3.0, Lipase, Protease AM, Invertase, Lactase, Amalase®, Carbozyme®)	76 mg	159 mg	239 mg

*Percent Daily Values are based on a 2,000 calorie diet.
†Daily Value not established.

OTHER INGREDIENTS: Micellar Casein, Whey Protein Isolate, Cocoa, L-Leucine, Natural & Artificial Flavor, Gum Blend (Cellulose Gum, Xanthan Gum, Carrageenan), Lecithin (Soy), Calcium Lactate Gluconate, TriPotassium Citrate, Sucralose, TriMagnesium Citrate, Acesulfame Potassium, Zinc Citrate.

CONTAINS: Milk and Soybeans.

NOTICE: Use this product as a food supplement only. Do not use for weight reduction. Significant product settling may occur.

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TYPICAL AMINO ACID PROFILE PER 3 SCOOP SERVING

Alanine	1965 mg	Lysine	5420 mg
Arginine	2430 mg	Methionine	1620 mg
Aspartate	5470 mg	Phenylalanine	2635 mg
Cystine	815 mg	Proline	5500 mg
Glutamine/Glutamic Acid	12350 mg	Serine	3170 mg
Glycine	1130 mg	Threonine	3255 mg
Histidine	1405 mg	Tryptophan	974 mg
Isoleucine†	3560 mg	Tyrosine	2780 mg
Leucine†	10550 mg	Valine†	3575 mg
	Total		85025 mg

† Indicates Branched Chain Amino Acids (BCAA).

* Denotes naturally occurring and added free form amino acids.

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 levels were highest at 180 minutes post-supplementation in subjects who consumed whey protein, after 300 minutes BCAA levels were higher in subjects who consumed casein compared to those who took whey protein.

When combined with a resistance training program, this 8-week study of athletes performing an intense resistance exercise training regimen demonstrated that those using the proprietary mode of whey protein and leucine had greater increases in muscle strength and size than those on a placebo.

† Per 3 scoop serving

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GLUTEN FREE

STACK WITH: PRO PERFORMANCE® AMP Amplified WheyBolic Extreme 60™, Strength Vitepak® Program and N.O. Loaded™ V2.



Products bearing this logo have been tested for banned substances by US Anti-Doping Agency, a world-class anti-doping lab.
*Product was tested for over 160 banned substances on the 2015 World Anti-Doping Agency (WADA) Prohibited List and USADA list testing protocol (NADA). See gnc.com for more information.

KEEP OUT OF REACH OF CHILDREN.
Store in a cool, dry place.

For More Information:
1-888-462-2548

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