



What is Amplified WheyBolic Extreme 60™ Casein?

This low-carb friendly, 60g 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. 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%***
- Promote muscle growth & strength****
- Enhance protein breakdown with advanced digestive enzymes*

Multi-Phase Protein Supplies Continuous Fuel for Muscle Recovery**



10g Leucine Blend Clinically Proven to Increase Post-Exercise Anabolic Response**



*In a randomized, double-blind, cross-over clinical trial that included 20 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 400% more insulin. 30 minutes post-workout compared to a placebo.

Nitro-Factor™ - Maximizing 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 anabolism.™

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****
- Clinically Proven Protein Blend to Help Rebuild & Repair Muscles***
- 17g BCAA, 10g Leucine & 12g Glutamine to Combat Muscle Breakdown*
- Advanced Enzymes for Enhanced Digestion*



CLINICALLY RESEARCHED

VANILLA FROSTING

NATURAL + ARTIFICIAL FLAVORS

DIETARY SUPPLEMENT
Net Wt 40.9 oz (2.56 lb) 1162 g



CODE 414749

DIRECTIONS: As a dietary supplement, consume 1-2 scoops of GNC Pro Performance™ AMP Amplified WheyBolic Extreme 60™ Casein in 4-6 fl 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.

LPG

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%***

Supplement Facts

Serving Size	1 Scoop (27.6 g)	2 Scoops (55.3 g)	3 Scoops (83 g)
Servings Per Container	42	21	14
Amount Per Serving	% Daily Value	% Daily Value	% Daily Value
Calories	160	160	250
Calories from Fat	0	5	10
Total Fat	0 g 0%	0.5 g 1%	1 g 2%
Saturated Fat	0 g 0%	0 g 0%	0.5 g 1%
Cholesterol	10 mg 2%	20 mg 4%	30 mg 6%
Total Carbohydrate	3 g 1%	6 g 2%	9 g 3%
Dietary Fiber	<1 g 2%	1 g 4%	2 g 8%
Sugar	1 g	2 g	3 g
Protein	20 g	40 g	60 g
Calcium	327 mg 33%	653 mg 65%	980 mg 98%
Magnesium	25 mg 6%	50 mg 13%	75 mg 19%
Zinc	2.7 mg 16%	5.3 mg 35%	8 mg 53%
Sodium	70 mg 3%	140 mg 6%	210 mg 9%
Potassium	100 mg 2%	200 mg 4%	300 mg 6%

Amino Acids			
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)	633 mg	1,267 mg	1,900 mg
Recovery & Relaxation Compound			
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
Anabolic Acceleration Blend	79 mg	157 mg	235 mg
Enzyme Matrix™ Blend (Amylase, Protease 4.5, Protease 6.0, GNC-Glucozyme®, Lipidase, Alpha-galactosidase, Glucosylase, Bromelain, Protease 3.0, Lipase, Protease AM, Invertase, Lactase, Anabinase®, Carboxypeptidase)			

*Percent Daily Values are based on a 2,000 calorie diet.

**Daily Value not established.

OTHER INGREDIENTS: Micellar Casein, Whey Protein Isolate, Natural & Artificial Flavors, L-Leucine, Gum Blend (Cellulose Gum, Xanthan Gum, Carrageenan), Lecithin (Soy), Calcium Lactate Gluconate, TriPotassium Citrate, Sucralose, TriHydroxy 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.

TYPICAL AMINO ACID PROFILE PER 1 SCOOP SERVING			
Alanine	1965 mg	Lysine	5420 mg
Arginine	2430 mg	Methionine	1625 mg
Aspartate	5470 mg	Phenylalanine	2635 mg
Cystine	815 mg	Proline	5500 mg
Glutamine/Glutamic Acid	12350 mg	Serine	2170 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			68819 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 100 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.

*In a 6-week study of athletes performing an intense resistance exercise training regimen demonstrated that those using the proprietary mixture of whey protein and lactate had greater increases in muscle strength and size than those on a placebo.

†Per 3 scoops serving.

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



Products bearing this logo have been tested for harmful substances & found to be safe. A world-class anti-doping lab. *Product was tested for over 145 banned substances on the 2015 World Anti-Doping Agency (WADA) Prohibited List and U.S. Anti-Doping Testing Protocol (ADT2015). See gnc.com for more information.

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

For More Information:
1-888-462-2540

SHOP NOW @ GNC.COM

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