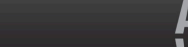
30% Increase in Muscle Strength*

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.**

* As in a study of adults performing an intense resistance exercise training regimen for 8 weeks, the group consuming the proprietary blend of whey protein and leucine (Amplified Wheybolic Extreme 60™) had greater increases in muscle strength 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™ has been clinically shown to provide the same gains in maximum muscle strength and stamina doing one set while using Amplified Wheybolic Extreme 60™ when compared to two sets of the same amount of training without supplementation.*



*In a 8-week randomized double-blind placebo controlled study of healthy male students completing 1 set resistance training (RT) + whey + carbohydrate beverage, the group 2 scoops of beverage equivalent to 1 whey 60™ + 2 g leucine (Amplified Wheybolic Extreme 60™) showed significantly greater increase in muscle strength (MVC) and muscle endurance (RE) compared to the control group.

*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.

** All units per level 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.

* Per 3 scoop serving.

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

For More Information:
1-800-462-2548

SHOP NOW @ GNC.COM

Distributed by:
General Nutrition Corporation
Pittsburgh, PA 15222

Place UPC Here

0 48107 10157 2

PRO PERFORMANCE AMP ADVANCED MUSCLE PERFORMANCE

Premier whey + leucine formula

AMPLIFIED WHEYBOLIC EXTREME 60™

Dietary supplement

NOW WITH 10G OF LEUCINE* & MORE FAST-ACTING WHEY HYDROLYSATES

- → Proven 30% Increase in Muscle Strength*
- → Increase Strength & Stamina with Half the Sets*
- → Supports Muscle Recovery & Growth*
- → Powered With 10g Glutamine & 4g Arginine*

Daily

Strength Recovery Stamina

⚠ Clinically Researched

STRAWBERRY

Natural + artificial flavors

NET WT 3.18 LBS (50.88 OZ) 1445 G

GNC 380144 LL6

DIRECTIONS: Once per day as a dietary supplement, consume one, two or three scoops of GNC Pro Performance® AMP Advanced Muscle Performance® Amplified Whey Protein Extreme 60™ mixed with water or your favorite beverage. For best results, do not exceed three scoops in one serving. For optimal results in the morning, for extreme results, take the full three scoop serving twice per day, pre- and post- workout.

Supplement Facts

Serving Size	3 Scoops (85 g)		2 Scoops (56.7 g)		1 Scoop (28.3 g)	
Servings Per Container	1		1.5		3	
Amount Per Serving		**% Daily Value**		**% Daily Value**		**% Daily Value**
Calories	290		190		95	
Calories from Fat	15		10		5	
Total Fat	1.5 g	2%†	1 g	2%†	0.5 g	1%†
Saturated Fat	1 g	5%†	0.5 g	3%†	0.5 g	3%†
Cholesterol	15 mg	5%	10 mg	3%	5 mg	2%
Total Carbohydrate	7 g	2%†	5 g	2%†	2 g	1%†
Dietary Fiber	1 g	<1 g	1 g	<1 g	<1 g	<1 g
Sugars	2 g		1 g		<1 g	
Protein	60 g		40 g		20 g	
Calcium	260 mg	26%	173 mg	17%	87 mg	9%
Sodium	230 mg	10%	150 mg	6%	75 mg	3%
Potassium	250 mg	10%	250 mg	7%	115 mg	3%
MicroSorb™ Amino Acid Complex: Glutamine (as Whey Protein Isolate, Hydrolyzed Whey Protein and Microsized L-Glutamine), Arginine (as Microsized L-Arginine, Whey Protein Isolate and Hydrolyzed Whey Protein Isolate)	10 g	*	6.7 g	*	3.3 g	*
Whey Protein Isolate, L-Leucine and Hydrolyzed Whey Protein						
L-Carnitine (as L-Carnitine Tartrate)	500 mg	*	333 mg	*	167 mg	*
Amino Acceleration System: Enzymes Blend: Beta-Glucanase, Protease-4.5, Protease-6.0, CeroCelase®, Peptidase, Alpha-Galactosidase, Glucoamylase, Bromelain, Protease 3.0, Lipase, Cellulase, Phytase, Amylase, Lactase, Lactase®, Papain®	238 mg	*	158.3 mg	*	79.7 mg	*
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), Natural and Artificial Flavors, Polydextrose, Sucralose, Acesulfame K, Guar Gum, Xanthan Gum, FD&C Red #40, Acesulfame Potassium.

CONTAINS: Milk, Soy.

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

Aminogen® & Carbogen® are registered trademarks of Fiuzat Industries.

Amino Blaster® and CeroCelase® are products of Biocatalysts Kingsway Company. Enzymes 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	1920 mg
Cystine	1467 mg	Proline	3614 mg
Glutamic*	10330 mg	Serine	2951 mg
Glycine	1018 mg	Threonine	3747 mg
Histidine	1089 mg	Tryptophan	1167 mg
Isoleucine	3780 mg	Tyrosine	1866 mg
Leucine*	10300 mg	Valine*	3449 mg
		TOTAL	60000 mg

* Indicates Branched Chain Amino Acids (BCAA).
*Naturally occurring and added

What is Amplified Wheybolic Extreme 60™?

Looking for a protein that will help AMPify your gains? When it comes to achieving your strength, size and stamina, nothing complements your training regimen like Amplified Wheybolic Extreme 60™! Now GNC has made their top protein formula even more intense! 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 blend 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™ Evolution

How is this protein AMPified? GNC's scientists worked with leading exercise and sports nutrition experts and used cutting-edge 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 Leucine Signaling Pathways (LSP) to enhance anabolism and muscle performance.* In fact, the whey and leucine blend in Amplified Wheybolic Extreme 60™ has been shown to increase muscle strength and stamina with half the sets.*****

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

Amino Acceleration System – This digestive enzyme blend is designed to increase 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 microsized and non-microsized 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 AMPify your gains.

Amino Acceleration System

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

Who can benefit from taking Amplified Wheybolic Extreme 60™?

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™ 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.

* 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.