GNC PRO PERFORMANCE® AMP ADVANCED MUSCLE PERFORMANCE

Premier whey + leucine formula

AMPLIFIED WHEYBOLIC EXTREME 60™

Dietary supplement

Daily Strength Recovery Stamina

Clinically Researched

CHOCOLATE
Natural + artificial flavors

10 PACKETS
NET WT 1.7 LB (27.82 OZ) 790 G

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Dietary supplement

→ 30% Increase in Muscle Strength**
→ Rapid Absorbing Whey Isolates & Hydrolysates
→ 7.7g of Leucine Plus 8.5g of Micronized Aminos
→ Increases Strength & Stamina with Half the Sets^*

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DIRECTIONS: Once per day as a dietary supplement, consume one packet (79g) of GNC Pro Performance® AMP Amplified Wheybolic Extreme 60™ in 12 oz of cold water 30 minutes after your workout. On non-training days, consume one packet first thing in the morning. For extreme results, take twice a day, pre- and post-workout.

Supplement Facts

Serving Size One Packet (79g)
Servings Per Container 10

Amount Per Serving		% Daily Value
Calories	280	
Calories from Fat	10	
Total Fat	1 g	2%†
Saturated Fat	0.5 g	3%†
Cholesterol	15 mg	5%
Total Carbohydrate	7 g	2%†
Dietary Fiber	1 g	4%†
Sugars	2 g	*
Protein	60 g	
Calcium	280 mg	28%
Sodium	300 mg	13%
Potassium	450 mg	13%
Micronized Amino Acids Glutamine (as Whey Protein Isolate and Micronized Glutamine) Arginine (as Micronized Arginine and Whey Protein Isolate)	8.5 g	*
Leucine (as Whey Protein Isolate and L-Leucine)	7.7 g	*
L-Carnitine (as Carnitine Tartrate)	500 mg	*
Amino Acceleration System Enzyme Matrix™ Blend (Amylase, Protease 4.5, Protease 6.0, CereCalase®, Peptidase, Alpha-galactosidase, Glucoamylase, Bromelain, Protease 3.0, Lipase, Protease AM, Invertase, Lactase), Aminogen®, Carbogen®	239 mg	*

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

OTHER INGREDIENTS: Protein Blend (Whey Protein Isolate, Hydrolyzed Whey), Cocoa (Processed with Alkali), Natural and Artificial Flavors, Polydextrose, 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® & Carbogen® are registered trademarks of Triarco Industries.

Enzyme Matrix™ and CereCalase® 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.

What is Amplified Wheybolic Extreme 60™?

When it comes to enhancing your strength, size and stamina, nothing complements your training regimen like Amplified Wheybolic Extreme 60™! It is GNC's top protein formula 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.^**

* 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.

The Amplified Wheybolic 60 Extreme™ 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 hydrolysates. With 7.7 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™ 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.*

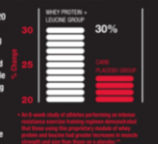
Amino Acceleration System – This digestive enzyme blend is designed to accelerate the availability and absorption of amino acids to be efficiently used by the muscles.

More Key Aminos – In addition to a whopping 7.7 grams of leucine – this formula is loaded with an array of aminos necessary for your muscles. This complex blend of amino acids delivers 3.6 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.*

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.**

*30% INCREASE IN MUSCLE STRENGTH



* An 8-week study of athletes performing an intense resistance exercise training regimen demonstrated that those using this proprietary module of whey protein and leucine had greater increases in muscle strength and size than those on a placebo.**

Increases Muscle Strength and Stamina with Half the Sets^

In a clinical study using a reduced volume resistance training protocol, the anabolic module in 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.*

^1 SET + AMPLIFIED WHEYBOLIC EXTREME 60™ = 2 SETS!

^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 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.