



PRO PERFORMANCE[®] **ADVANCED**
AMP **MUSCLE**
PERFORMANCE



Micronized protein + amino acids

AMPLIFIED 100% WHEY PROTEIN

Dietary supplement

- 20g of Protein Featuring Micronized Whey, Hydrolysates and 22.5g of Amino Acids
- 107% Better Absorption of Total Amino Acids[♦]
- 234% Better Absorption of Leucine[♦]
- Formulated to Build Lean Muscle[^]

Daily

Power

Strength

Recovery

Clinically Researched

CHOCOLATE
Natural + artificial flavors

NET WT 16 OZ (1 LB) 454 G

Place UPC Here
0 48107 09081 4

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

*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.

^When used in conjunction with a resistance training program.
♦ Denotes naturally occurring and added free form amino acids.
† Indicates Branched Chain Amino Acids (BCAA).

TYPICAL AMINO ACID PROFILE PER SERVING		
Alanine	444 mg	1721 mg
Arginine	955 mg	442 mg
Aspartate	2400 mg	652 mg
Cysteine	516 mg	1123 mg
Glutamine	3513 mg	944 mg
Glycine	345 mg	1311 mg
Histidine	355 mg	384 mg
Isoleucine†	1200 mg	578 mg
Leucine†	4502 mg	1115 mg
Total		22500 mg

US Trademark Registration No. 2,930,937.

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BioCore Edge[™] is a trademark of National Enzyme Company.

reduction. Significant product settling may occur.

NOTICE: Use this product as a food supplement only. Do not use for weight

CONTAINS: Milk, Soybeans and Wheat.

Acesulfame Potassium, Sucralose.

Flavor, Polyethylene Glycol, Lecithin, Polydextrose, Salt, Potassium Chloride,

(Processed with Alkali), Sunlifer[®] Partially Hydrolyzed Guar Gum, Natural and Artificial

Protein Concentrate, Whey Protein Isolate, Hydrolyzed Whey Peptides, Cocoa

OTHER INGREDIENTS: Protein Blend (Micronized Whey Protein Concentrate, Whey

Leucine (as Micronized L-Leucine, Micronized Whey Protein

Concentrate, Whey Protein Isolate, Whey Protein Isolate and

Hydrolyzed Whey Peptides), Glutamine (as Micronized Whey Protein

Concentrate, Whey Protein Isolate, Hydrolyzed Whey Peptides)

Hydrolyzed Whey Peptides)

Tri-MG[™] 1.25 g

Betaine (as Betaine Anhydrous)

Amino Acceleration System

100 mg

BioCore Edge[™] Blend (Protease [from *Aspergillus oryzae*, *Aspergillus*

niger and *Aspergillus melleus*], Peptidase [from *Aspergillus oryzae*])

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

* Daily Value not established.

Supplement Facts		Amount Per Serving	% Daily Value
Calories	130		
Calories from Fat	20		
Total Fat	2 g		3%†
Saturated Fat	1 g		5%†
Cholesterol	55 mg		18%†
Total Carbohydrate	8 g		3%†
Dietary Fiber	3 g		12%†
Sugars	2 g		
Protein	20 g		9%
Calcium	90 mg		9%
Sodium	210 mg		9%
Potassium	280 mg		8%
Micronized Amino Acids	8 g		*
Leucine (as Micronized L-Leucine, Micronized Whey Protein Concentrate, Whey Protein Isolate, Whey Protein Isolate and Hydrolyzed Whey Peptides), Glutamine (as Micronized Whey Protein Concentrate, Whey Protein Isolate, Hydrolyzed Whey Peptides)			
Tri-MG [™]	1.25 g		*
Betaine (as Betaine Anhydrous)			
Amino Acceleration System	100 mg		*
BioCore Edge [™] Blend (Protease [from <i>Aspergillus oryzae</i> , <i>Aspergillus niger</i> and <i>Aspergillus melleus</i>], Peptidase [from <i>Aspergillus oryzae</i>])			
† Percent Daily Values are based on a 2,000 calorie diet.			
* Daily Value not established.			

DIRECTIONS: As a dietary supplement, add one level scoop (36.5g) of Pro Performance[®] AMP Amplified 100% Whey Protein to 7-8 fl. oz. cold water and blend well. For maximum results, take twice daily.

KKG

What is Amplified 100% Whey Protein and Why is it Better than Regular Whey?

Think ordinary whey protein is good enough? Think again, introducing the latest Whey Protein features technology - Amplified 100% Whey Protein.

The Amplified 100% Whey Protein Evolution

What makes this protein AMPified? Using cutting-edge technology and top notch research and development principles, this protein was designed to be the new champion of the whey protein category.

Micronized Protein with Hydrolysates and Amino Acids - This premium whey features, micronized whey protein with hydrolysates, leucine and glutamine! Using MicroSorb[™] Amino Technology, the micronized whey protein and amino acids in this formula have been pulverized into smaller particles that are easier to absorb. As a result, Amplified 100% Whey Protein is proven to deliver superior amino acid uptake compared to regular whey.* That means more amino acids are available for muscle fuel! These proteins involved in muscle building, recovery and other key processes crucial to your muscles.*

Amino Acceleration System - To make this protein even more absorbable, a unique digestive enzyme blend was included as an Amino Acceleration System. These efficacious enzymes were scientifically designed to further accelerate the availability of amino acids for absorption.

More Key Aminos - In addition to an impressive 4.5 grams of leucine for muscle protein synthesis and 3.5 grams of glutamine to support the recovery process, this formula is loaded with an array of aminos necessary for your muscles before, during and after workouts.*

Tri-MG[™] - Amplified 100% Whey Protein is enhanced with this unique clinically studied ingredient, also known as betaine or trimethylglycine, which has been shown to enhance athletic performance.*

Who Can Benefit from Taking Amplified 100% Whey Protein?

Everyone including athletes, fitness enthusiasts and extreme sports competitors who are exercising regularly and looking for a fast-absorbing quality protein to help meet protein needs can benefit from Amplified 100% Whey Protein.

When Should I Take It?

Consume GNC Pro Performance[®] AMP Amplified 100% Whey Protein with or between meals to add more quality protein to your diet.

– And More...

The Proof is in the Amino Absorption

Faster Absorption of Critical Amino Acids for Muscle Fuel:

A clinical study has proven that the proprietary protein blend in Amplified 100% Whey Protein delivers more critical aminos into the blood stream - better and faster than regular whey!^{*}

Compared to regular whey protein, two servings of Amplified 100% Whey Protein delivering: maximized amino acid absorption by

→ 107% More Total Amino Acids^{*} - These critical amino acids are crucial to feeding your muscles before, during and after exercise.*

→ 14% More Branched Chain Amino Acids Absorbed 142%^{*} Faster^{*} - BCAA are involved in reducing the amount of protein breakdown from exercise and help to preserve muscle glycogen stores.*

→ 234% More Leucine Absorbed 370%^{*} Faster^{*} - Leucine is a key branched chain amino acid that is essential to fueling your muscles.* Its key role is to help regulation of muscle protein synthesis during muscle building and recovery.* This key amino acid is important for all types of athletes.

* In a randomized, double blind, controlled cross-over study of 16 healthy male volunteers, subjects experienced significantly higher maximum concentrations of total Amino Acids, Branched Chain Amino Acids and Leucine one hour post-ingestion of two servings of the protein blend in GNC Pro Performance[®] AMP Amplified 100% Whey Protein relative to amino acid concentrations measured post-ingestion of whey protein concentrate. Significant differences for the Rate of Change of BCAA and leucine absorption were also observed relative to the control group.