

EFA Blend – This formula features a unique fatty acid blend consisting of healthy EFAs from flax, olive and other healthy oils, including CLA and MCTs. MCTs are quickly absorbed for energy, not stored as fat.

Carbohydrates – Now with 10 grams of waxy maize used for rapid glycogen store replenishment, a critical muscle recovery component.* Amplified Muscle Meal delivers a total of 25 grams of multi-functional carbohydrates in each serving. That's 25 grams of essential energy to get you through your intense workouts and reload energy stores after extreme exercise.*

Essential Vitamins & Minerals – For an added bonus to help maintain good health and a competitive edge, this scientifically formulated nutritional supplement delivers 26 powerful nutrients your muscles need.*

In addition to all of these benefits, our Amplified Muscle Meal is low in sugar and tastes great!

The Proof is in the Product

Better Absorption of Amino Acids for Muscle Fuel:

Amplified Muscle Meal contains a clinically studied whey protein. Compared to regular whey protein, the protein blend in Amplified Muscle Meal maximized amino acid absorption by delivering:

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

→ 114% More Branched Chain Amino Acids* – BCAA are involved in reducing the amount of protein breakdown from exercise and help to preserve muscle glycogen stores.*

→ 234% More Leucine* – Leucine is a key branched chain amino acid essential for 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, placebo 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 the protein blend in GNC Pro Performance® AMP Amplified Muscle Meal relative to amino acid concentrations measured post-ingestion of whey protein concentrate.

Who Should Take Amplified Muscle Meal?

Amplified Muscle Meal is the perfect complement to any athlete's diet for maximizing lean muscle.

When Should I Take It?

Keep your muscles fueled. Take Amplified Muscle Meal with a snack or with a meal. Amplified Muscle Meal can also be used as a superior post-workout nutritional formula.

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

0 48107 10175 6

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PRO PERFORMANCE® **ADVANCED**
AMP MUSCLE
PERFORMANCE

Advanced anabolic muscle recovery formula

**AMPLIFIED
MUSCLE
MEAL**

Dietary supplement

**NEW WITH MUSCLE FUELING
WAXY MAIZE & HMB***

- 50g of Whey & Casein Protein to Fuel Muscles
- Micronized Protein & Amino Acids for Fast Absorption
- Formulated to Enhance Power & Support Recovery*



Clinically Researched

CHOCOLATE
Natural + artificial flavors

NET WT 50.35 OZ (3.15 LB) 1430 G

CODE 386162

DIRECTIONS: As a dietary supplement, add 3 level scoops to 12 - 14 fl. oz. of cold water, milk or juice and thoroughly mix in a shaker cup or blender. When mixing with milk or juice, adjust nutritional information accordingly.

Supplement Facts

Serving Size 3 Scoops (110 g)	
Servings Per Container 13	
Amount Per Serving	% Daily Value
Calories	350
Calories from Fat	45
Total Fat	5 g 8%†
Saturated Fat	2.5 g 13%†
Cholesterol	110 mg 37%
Total Carbohydrate	25 g 8%†
Dietary Fiber	5 g 20%†
Sugars	3 g *
Protein	50 g
Vitamin A (as Vitamin A Palmitate)	1250 IU 25%
Vitamin C (as Ascorbic Acid)	15 mg 25%
Vitamin D (as Cholecalciferol D-3)	100 IU 25%
Vitamin E (as dl-Alpha Tocopheryl Acetate)	7.5 IU 25%
Vitamin K (as Phytonadione)	20 mcg 25%
Thiamin (as Thiamin Mononitrate)	0.38 mg 25%
Riboflavin (Vitamin B-2)	0.43 mg 25%
Niacin (as Niacinamide)	5 mg 25%
Vitamin B-6 (as Pyridoxine Hydrochloride)	0.5 mg 25%
Folic Acid	100 mcg 25%
Vitamin B-12 (as Cyanocobalamin)	1.5 mcg 25%
Biotin	75 mcg 25%
Pantothenic Acid (as d-Calcium Pantothenate)	2.5 mg 25%
Calcium	600 mg 60%

OTHER INGREDIENTS: Protein Blend (Micronized Whey Protein Concentrate, Whey Protein Concentrate, Milk Protein Concentrate, Calcium Caseinate), Waxy Maize Starch, Cocoa (Processed with Alkali), Sunfiber® Partially Hydrolyzed Guar Gum, Natural and Artificial Flavors, Essential Fatty Acid Blend (High Oleic Sunflower Oil, CLA Powder [Safflower Oil Rich in CLA, Glucose Syrup, Sodium Caseinate, Silicon Dioxide, Lecithin, Tetrasodium Diphosphate, Natural Flavor, Natural Vitamin E], Flaxseed Oil Powder, Medium Chain Triglycerides, Evening Primrose Oil Powder, Borage Oil Powder, Olive Oil Powder, Safflower Oil Powder), Vitamin and Mineral Blend, Polyethylene Glycol, Lecithin, Maltodextrin, Gum Blend (Cellulose Gum, Xanthan Gum, Carrageenan), Modified Food Starch, Sucralose, Acesulfame Potassium, diPotassium Phosphate, triCalcium Phosphate, Tocopherols.

CONTAINS: Milk and Soybeans.

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

Sunfiber®

Sunfiber® is a registered trademark of Taiyo International, Inc. Use of Sunfiber® is protected by US Trademark Registration No. 2,930,937.

BioCor® EDGE™
is a trademark of National Enzyme Company.



Clarino® CLA is a registered trademark of Lipid Nutrition.

TYPICAL AMINO ACID PROFILE PER SERVING			
Alanine	2575 mg	Lysine	4063 mg
Arginine	1487 mg	Methionine	1088 mg
Aspartate	4898 mg	Phenylalanine	1652 mg
Cystine	990 mg	Proline	3495 mg
Glutamine*	14096 mg	Serine	2607 mg
Glycine	1026 mg	Threonine	3042 mg
Histidine	977 mg	Tryptophan	613 mg
Isoleucine†	2984 mg	Tyrosine	1510 mg
Leucine**	9922 mg	Valine†	2975 mg
		Total	60000 mg

† Indicates Branched Chain Amino Acids (BCAA).

* Naturally occurring and added.

LLG

What is Amplified Muscle Meal?

You want to feed lean muscle, then you need muscle fuel... Amplified Muscle Meal. Our most complete sports nutrition product yet, packed full of nutrients your body needs throughout the day to fuel your toughest workouts. Developed by our sports nutrition experts, this is the ultimate muscle meal formula designed specifically for all competitive athletes.

Amplified Muscle Meal Evolution

Why Amplified Muscle Meal?
Keep reading, and you'll see why...

Exclusive 50 Gram Protein Blend – Amplified Muscle Meal is scientifically formulated with fast, medium and slow digesting proteins. This combination of multi-action proteins fuels your muscles with the protein you need for optimal growth and repair.* Plus, it includes 20 grams of technology enhanced protein proven to get key amino acids into your blood better than ordinary whey protein!† How? By using MicroSorb™ Amino Technology, this protein has been pulverized, or "micronized," from large molecules into smaller particles that are easier to absorb. That means more amino acids are available for your muscles to use as fuel!

More Key Amino Acids – These micronized and non-micronized amino acids are delivered through advanced technologies and help create a dual flow of quick-absorbing aminos that are critical for protein synthesis. Each serving provides more than 9 grams of leucine, over 14 grams of glutamine and an array of amino acids to fuel skeletal muscles and provide an anti-catabolic effect.*

Excellent Source of Fiber – It includes Sunfiber®, a clinically studied fiber, proven not to interfere with absorption of carbohydrates, fat and protein. Sunfiber® has also been proven to reduce glycemic response.*

Tri-MG Infusion™ – This anabolic amplifier consists of clinically studied betaine combined with HMB. This combination of ingredients creates an anti-catabolic effect for your muscles.* Betaine, also known as trimethylglycine, is clinically shown to enhance athletic performance.* HMB plays an important role in supporting muscle health during exercise by decreasing protein breakdown during resistance training.* HMB is a metabolite of leucine which plays a key role in muscle performance and may also have an anti-catabolic effect.*

* 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.