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GNC
PRO PERFORMANCE®
AMP

AMPLIFIED WHEYBOLIC EXTREME 60™ POWER

7 PRODUCTS
IN ONE

CLINICALLY RESEARCHED

- Clinically Proven Ingredients Deliver More Size & Anabolic Power + 30% Increase in Muscle Strength**
- 60g Whey Protein Isolate & Hydrolysate Formula + 18g BCAA for Improved Muscle Recovery & Growth††
- Features 600mg Testofen® Fenugreek to Support Testosterone Levels + 3g Creatine Blend to Boost Anabolic Factors in the Body††

NITRO-
FACTOR™ 71g

CHOCOLATE FUDGE

DIETARY SUPPLEMENT
Net Wt 13.38 oz (1.15 lb) 522 g

CODE 386341

LNG

DIRECTIONS: Once per day as a dietary supplement, consume 1-3 scoops of GNC Pro Performance® AMP Amplified Wheybolic Extreme 60™ Power in 6, 8 or 12 fl oz of cold water respectively, 30 minutes after your workout. On non-training days, consume one serving first thing in the morning. For extreme results, take the full 3 scoop serving twice per day, pre- and post-workout.

Daily Dose	Protein	Power Complex	Benefit
1 scoop 30 minutes post-workout or in the morning	20 g	7.19 g	Helps meet protein needs & fuels metabolism*
2 scoops 30 minutes post-workout or in the morning	40 g	14.38 g	Fuels muscles, metabolism, supports recovery & muscle protein synthesis*
3 scoops 30 minutes post-workout or in the morning	60 g	21.6 g	Increase muscle size, anabolic factors, and power & strength by 30%*

Supplement Facts

Serving Size	1 Scoop (29 g)	2 Scoops (58 g)	3 Scoops (87 g)
Servings Per Container	18	9	6
Amount Per Serving	% Daily Value	% Daily Value	% Daily Value
Calories	100	200	300
Calories from Fat	10	15	20
Total Fat	1 g 2%†	1.5 g 2%†	2 g 3%†
Saturated Fat	<0.5 g 1%†	<0.5 g 1%†	0.5 g 3%†
Cholesterol	10 mg 3%	20 mg 7%	30 mg 10%
Total Carbohydrate	3 g 1%†	6 g 2%†	9 g 3%†
Sugars	1 g *	2 g *	3 g *
Protein	20 g	40 g	60 g
Calcium	100 mg 10%	200 mg 20%	300 mg 30%
Sodium	100 mg 4%	210 mg 9%	320 mg 13%
Potassium	180 mg 5%	360 mg 10%	540 mg 15%
Power Complex			
Leucine (as Whey Protein Isolate, L-Leucine, Hydrolyzed Whey Protein)	3.33 g *	6.66 g *	10 g *
Isoleucine (as Whey Protein Isolate, Hydrolyzed Whey Protein)	1.33 g *	2.66 g *	4 g *
Valine (as Whey Protein Isolate, L-Valine, Hydrolyzed Whey Protein)	1.33 g *	2.66 g *	4 g *
Creatine (as Creatine Monohydrate, Creatine HCl)	1 g *	2 g *	3 g *
Testofen® Fenugreek Extract (Trigonella foenum)(seed)(standardized for Fenuside)	200 mg *	400 mg *	600 mg *
Amino Acid Blend			
Glutamine (as Whey Protein Isolate, Hydrolyzed Whey Protein)	3.43 g *	6.86 g *	10.3 g *
Arginine (as Whey Protein Isolate, Hydrolyzed Whey Protein)	366 mg *	733 mg *	1.1 g *
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®	79 mg *	158 mg *	239 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, Cocoa (Processed with Alkali), Lecithin, Gum Blend (Cellulose Gum, Xanthan Gum, Carrageenan), Sucralose, Potassium Chloride, Acesulfame Potassium.

CONTAINS: Milk and Soybeans.

WARNING: For adult use only. Use only as directed. Consult your physician prior to using this product if you are pregnant, nursing, under 18 years of age, taking medication, or have a medical condition. Discontinue use two weeks prior to surgery.

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

*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.

†In an eight week randomized double-blind, placebo-controlled study of 30 healthy male volunteers comparing 1 set resistance training + active or carbohydrate placebo to 2 sets resistance training alone with no supplement, the active group showed equal gains in maximal muscle strength and muscle endurance compared to the control group.

= When used in conjunction with an exercise program. As with any food product, use of this product alone will not lead to increased muscle mass or strength.

† Per 3 scoop serving.

*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.

Testofen® is a trademark of Gencor Nutrients Inc.

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

Enzyme Matrix™ and CereCalase® are products of National Enzyme Company.

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:
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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.



TYPICAL AMINO ACID PROFILE PER SERVING			
Alanine	2913 mg	Lysine	5194 mg
Arginine	1223 mg	Methionine	1218 mg
Aspartate	6450 mg	Phenylalanine	1799 mg
Cystine	1440 mg	Proline	4023 mg
Glutamine & Glutamic Acid	10310 mg	Serine	2809 mg
Glycine	982 mg	Threonine	4179 mg
Histidine	1095 mg	Tryptophan	1020 mg
Isoleucine†	4007 mg	Tyrosine	1747 mg
Leucine**	10088 mg	Valine**	4003 mg
Total		64500 mg	

† Indicates Branched Chain Amino Acids (BCAA).

* Denotes naturally occurring and added free form amino acids.

What is Amplified Wheybolic Extreme 60™ Power?

GNC's most advanced protein, Amplified Wheybolic Extreme 60™, has evolved even further to help meet your specific training goals and develop more strength and power. This product is the only whey protein isolate to combine the whey and leucine clinically shown to fuel increased strength and size with additional ingredients proven to amplify power and anabolism. This formula features a protein blend that has been validated in clinical studies to give you a 30% increase in strength†, increased muscle size and a 100% improvement in exercise efficiency.™ Our GNC scientists have AMPed up the protein with a Power Complex featuring an mTOR-stimulating BCAA blend for protein synthesis and added creatine to increase anabolic muscle growth*, making this product a combination of 7 products in 1!*

Amplified Wheybolic Extreme 60™ Power – Break Plateaus, Build Power

This breakthrough formula takes protein functionality and performance to new levels so you can break through plateaus and achieve a new level of muscular power.*

Power Complex

In addition to 10 grams of leucine† this formula is stacked with 4 grams of both isoleucine and valine‡ to stimulate mTOR activation and give you a powerful boost of all three BCAA to fuel your workouts and enhance your recovery. This product has upped the ante and added a 3 gram creatine blend‡ to boost anabolic factors in the body, increase athletic performance and fuel strength+ + 600mg of Testofen® Fenugreek‡ to help support testosterone levels in the body.*

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, including 10 grams of leucine‡ to create an ideal environment for muscle protein synthesis. This potent blend delivers Arginine, which is involved in creatine synthesis, and over 10 grams of glutamine‡ to provide anabolic effects. In fact, the whey and leucine blend in this product has been shown to increase muscle strength and stamina with half the sets.™

Powerful Amino Acid System

This product is loaded with arginine and

glutamine, two key amino acids necessary for muscle building and recovery.* Over 10 grams of glutamine‡ helps to combat catabolism and support muscle function, while arginine helps to support blood vessel tone and blood flow, and is involved in the production of creatine.*

Digestive Enzyme Blend for 12% Greater Protein Breakdown

This digestive enzyme blend with proven bioactivity is designed to accelerate the availability and absorption of amino acids in muscles.* This proprietary enzyme blend provides a 12% greater protein breakdown for improved uptake.™

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™ Power with a Nitro-Factor™ of 71 grams‡ helps fuel performance and anabolism.*

Who can benefit from taking Amplified Wheybolic Extreme 60™ Power?

Whether you're a serious athlete, weekend warrior or training for a competition, you can benefit from this powerful formula. Now you can customize your dosing to meet your specific training goals and nutrient needs. Boost power and anabolism while improving muscle strength, stamina, size and recovery!™

When Should I Take It?

Once per day, consume 1-3 scoops of GNC Pro Performance® AMP Amplified Wheybolic Extreme 60™ Power 30 minutes after your workout. On non-training days, consume one serving first thing in the morning. For extreme results, take the full 3 scoop serving pre- and post-workout.

Amplified Wheybolic Extreme 60™ Power Features 7 Products in 1!

1. Whey Protein Isolate
2. Amino Acid Complex
3. BCAA Complex
4. Leucine
5. Creatine
6. Fenugreek
7. Digestive Enzymes

STACK WITH: PRO PERFORMANCE® AMP Amplified Strength, Amplified Push and Amplified Recover PM.