



AMPLIFIED TOTAL MUSCLE RECOVERY

- Optimal Muscle Performance Fuel Powered with 50g Protein, 20g Leucine & 10g Glutamine for Maximum Post-Workout Recovery**
- Proven to Generate 400% Greater Anabolic Environment by Modulating Insulin Levels**
- Clinically Studied Ingredients to Fuel Muscle Cells & Enhance Joint Function*
- Gluten Free



CLINICALLY RESEARCHED

VANILLA

NATURAL + ARTIFICIAL FLAVORS

DIETARY SUPPLEMENT
Net Wt 28.89 oz (1.81 lb) 819.06 g

CODE 370075

JOG

DIRECTIONS: As a dietary supplement, consume 2 scoops (48.18 g) mixed with 8-10 fl. oz. of cold water or favorite beverage within 30 minutes after your workout. For maximum results, take 2 servings post-workout.

Supplement Facts

Serving Size	2 Scoops (48.18 g)	4 Scoops (96.36 g)
Servings Per Container	17	8
Amount Per Serving	% Daily Value	% Daily Value
Calories	150	300
Calories from Fat	30	60
Total Fat	3 g 5%†	6 g 9%†
Saturated Fat	2 g 10%†	4 g 20%†
Trans Fat	0 g *	0 g *
Cholesterol	40 mg 13%†	80 mg 27%†
Total Carbohydrates	6 g 2%	12 g 4%
Dietary Fiber	1 g 4%	2 g 8%
Sugars	1 g *	2 g *
Protein	25 g	50 g
Vitamin D-3 (as Cholecalciferol D-3)	400 IU 100%	800 IU 200%
Sodium	100 mg 4%	200 mg 8%
Potassium (as Potassium Chloride)	240 mg 7%	480 mg 14%

Muscle & Nutrient Maximizer		
Leucine (as Whey Protein Isolate, Whey Protein Concentrate, Whey Peptides, OT ² ™ Leucine and L-Leucine)	10 g *	20 g *
Joint & Recovery Complex		
Fast-Acting Proprietary Blend (Chinese Skullcap Root Extract [Scutellaria baicalensis], Cutch Tree Bark Extract [Acacia catechu])	125 mg *	250 mg *
Hyaluronic Acid (as Sodium Hyaluronate)	10 mg *	20 mg *
Glutamine (as Whey Protein Concentrate, Whey Protein Isolate, Whey Peptides and L-Glutamine)	5 g *	10 g *

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

OTHER INGREDIENTS: Protein Blend (Whey Protein Isolate, Whey Protein Concentrate, Micronized Whey Protein Concentrate, Whey Peptides), Natural and Artificial Flavors, Gum Blend (Cellulose Gum, Xanthan Gum, Carrageenan), Waxy Maize Starch, Lecithin, Sucralose, Acesulfame Potassium.

CONTAINS: Milk and Soybeans.

WARNING: Consult your physician prior to using this product if you are pregnant, nursing, taking medication, or have a medical condition. Discontinue use two weeks prior to surgery.

NOTICE: Significant product settling may occur.



Products bearing this logo have been tested for banned substances by HPL Sport Science, a world-class anti-doping lab.
*Product was tested for over 145 banned substances on the 2014 World Anti-Doping Agency (WADA) Prohibited List via HPL skip lot testing protocol WCP0307. See gnc.com for more information.



OT²™ - THE EXCLUSIVE GNC ADVANTAGE

GNC's breakthrough Optimal Timing Technology (OT²™) is an exclusive innovation that enhances ingredients to control their release. Just one concentrated scoop of Pro Performance® AMP Amplified Total Muscle Recovery gives an immediate burst plus a 6 hour release to fuel muscles.

TYPICAL AMINO ACID PROFILE PER SERVING

Alanine	1262 mg	Lysine	2376 mg
Arginine	536 mg	Methionine	479 mg
Aspartate	2713 mg	Phenylalanine	784 mg
Cystine	431 mg	Proline	1552 mg
Glutamine & Glutamic Acid	9864 mg	Serine	1245 mg
Glycine	505 mg	Threonine	1763 mg
Histidine	440 mg	Tryptophan	515 mg
Isoleucine†	1651 mg	Tyrosine	700 mg
Leucine™	10105 mg	Valine†	1498 mg
Total			38419 mg

† Indicates Branched Chain Amino Acids (BCAAs).

* Denotes naturally occurring and added free form amino acids.

KEEP OUT OF REACH OF
CHILDREN.

Store in a cool, dry place.

For More Information:

1-888-462-2548

SHOP NOW @ GNC.COM

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