

GNC
PRO PERFORMANCE™

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**MORE
SERVINGS!**

Daily

Pre/Post-
Workout



Recovery

24G
PROTEIN

140
CALORIES

2G
SUGAR

6G
CARBS

CODE 370054

DIRECTIONS: Mix one scoop (35.5g) in 6 fl. oz. of cold water, milk or your favorite beverage and blend well. GNC Pro Performance® 100% Whey Protein can be taken immediately before and/or after your workout. Follow the recommended dosage chart below for best results on both training and non-training days. LPG

| Activity | Daily Dose | Protein (g) | Benefits |
|---------------------|---------------|-------------|--|
| No Training/Off Day | 1/2 - 1 scoop | 12 - 24 | Helps meet protein needs & fuels metabolism |
| Cardio Training | 1 scoop | 24 | Replenishes nitrogen for muscle protein synthesis |
| Resistance Training | 1 - 2 scoops | 24 - 48 | Provides anabolic building blocks, including BCAA |
| Cardio & Resistance | 2 scoops | 48 | Fuels lean muscle mass & supports optimal recovery |

The dosage chart above is a recommendation by GNC Scientists for best results from 100% Whey Protein. It is recommended that the minimum daily dose is at least taken on each day based on activity level.

Nutrition Facts

Serving Size One Scoop (35.5g)
Servings Per Container 31

| Amount Per Serving | | % Daily Value† | |
|------------------------------|-----|----------------|------------|
| Calories | 140 | | |
| Calories from Fat 20 | | | |
| Total Fat 2g | | | 3% |
| Saturated Fat 1g | | | 5% |
| Trans Fat 0g | | | |
| Cholesterol 65mg | | | 22% |
| Sodium 70mg | | | 3% |
| Potassium 330mg | | | 9% |
| Total Carbohydrate 6g | | | 2% |
| Dietary Fiber 1g | | | 4% |
| Sugars 2g | | | |
| Protein 24g | | | |
| Vitamin A 0% | • | Vitamin C 0% | |
| Calcium 13% | • | Iron 9% | |

† Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:

| | Calories: | 2,000 | 2,500 |
|--------------------|-----------|--------|--------|
| Total Fat | Less than | 65g | 80g |
| Sat. Fat | Less than | 20g | 25g |
| Cholesterol | Less than | 300mg | 300mg |
| Sodium | Less than | 2400mg | 2400mg |
| Potassium | | 3500mg | 3500mg |
| Total Carbohydrate | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |

| Calories per gram: | | | | |
|--------------------|---|----------------|---|-----------|
| Fat 9 | • | Carbohydrate 4 | • | Protein 4 |

INGREDIENTS: Protein Blend (Whey Protein Concentrate, Whey Protein Isolate), Cocoa Powder (Dutch Process), Natural Flavors, Cellulose Gum, Lecithin, Xanthan Gum, Acesulfame Potassium, Sodium Chloride, Sucralose.

CONTAINS: Milk and Soybeans.

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

No Artificial Colors, No Preservatives.



TYPICAL NATURALLY OCCURRING AMINO ACIDS PER SERVING:

| | |
|---------------|---------|
| Alanine | 1156 mg |
| Arginine | 558 mg |
| Aspartic Acid | 2528 mg |
| Cystine | 293 mg |
| Glutamic Acid | 4329 mg |
| Glycine | 531 mg |
| Histidine | 411 mg |
| Isoleucine† | 1537 mg |
| Leucine† | 2498 mg |
| Lysine | 2209 mg |
| Methionine | 433 mg |
| Phenylalanine | 771 mg |
| Proline | 1513 mg |
| Serine | 1248 mg |
| Threonine | 1540 mg |
| Tryptophan | 506 mg |
| Tyrosine | 582 mg |
| Valine† | 1421 mg |

Total 24060 mg

† Indicates Branched Chain Amino Acid (BCAA).

‡ When used in conjunction with an exercise program.

100% WHEY PROTEIN

HIGH-QUALITY, FAST-DIGESTING

24g of Ultra-Microfiltered Whey Protein

Supports Muscle Recovery and Growth*

Gluten-Free and Great-Tasting Formula



24G PROTEIN | **CHOCOLATE SUPREME**
NATURAL AND ARTIFICIAL FLAVOR - ASPARTAME FREE

~~27~~ **31 SERVINGS**
Net Wt 38.8 oz (2.43 lb) 1100.5 g



Products bearing this logo have been tested for banned substances by LGC Science, Inc., a world-class anti-doping lab. *Product was tested for over 145 banned substances on the 2015 World Anti-Doping Agency (WADA) Prohibited List via LGC skip lot testing protocol #CP0307. See gnc.com for more information.

STACK WITH PRO PERFORMANCE® 100% Casein & Mega Men® Sport Vitapak®.

Store in a cool, dry place.

For More Information:
1-888-462-2548

SHOP NOW @ GNC.COM

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