

**GNC**  
PRO PERFORMANCE®

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**THE MOST COMPLETE PLANT-BASED FORMULA**

GNC Pro Performance® 100% Soy Isolate is a cholesterol-free, lactose-free and gluten-free formula. This vegetarian soy isolate contains all 9 essential amino acids, which your body requires daily for optimal muscle function and performance. This unique soy formula supports your muscles during exercise and fuels lean muscle mass during your post-workout recovery.

**THE PRO PERFORMANCE RESULTS**

Protein is an essential nutrient that is necessary for the growth, repair and maintenance of muscle fibers. Studies have shown that soy protein taken by active individuals assists in maintaining muscle health during exercise. Additionally, diets low in saturated fat and cholesterol that include 25g of soy protein may reduce the risk of heart disease. GNC Pro Performance® 100% Soy Isolate provides 20g of soy protein and is a cholesterol-free formula. Soy Protein is an effective source of nitrogen, which fuels lean muscle mass. Your muscles can only grow when your body retains a sufficient amount of nitrogen. This unique formula delivers naturally-occurring anabolic amino acids into your bloodstream. These aminos create a nitrogen-rich environment required for maximum protein synthesis.

**THE PRO PERFORMANCE QUALITY**

GNC Pro Performance® 100% Soy Isolate has been tested for over 145 banned substances. This formula has been confirmed as banned substance free, providing a complete peace of mind that you are receiving the highest quality formulation. This superior formula delivers muscle-fueling results while maintaining a satisfying and delicious taste.



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 2016 World Anti-Doping Agency (WADA) Prohibited List via LGC skip lot testing protocol #ICP0307. See gnc.com for more information.

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

# 100% SOY ISOLATE

GLUTEN-FREE, VEGETARIAN PROTEIN SOURCE

**Lactose-Free Isolate, Suitable for a Low-Carb Diet**

**Cholesterol-Free Formula Features All 9 Essential Amino Acids**

**Provides more Arginine & Glutamine vs. Standard Whey**

**20G PROTEIN | 110 CALORIES | 1G SUGAR | 3G CARBS**

**CHOCOLATE SUPREME**  
NATURAL & ARTIFICIAL FLAVORS

**30 SERVINGS**  
Net Wt 30.69 oz (1.92 lbs) 870 g



CODE 386420

DIRECTIONS: Add one scoop to 8-10 fl. oz. of cold water, milk or your favorite beverage and blend well. Consume 1-3 servings per day based on your protein needs. Pro Performance 100% Soy Protein Isolate can be taken immediately before and/or after your workout, and should be spaced throughout the day for maximum benefit. It may also be used to enhance the protein content of your favorite foods.

10G

## Nutrition Facts

Serving Size One Scoop (29g)  
Servings Per Container 30

Amount Per Serving	
<b>Calories</b>	110
Calories from Fat	15

		% Daily Value†		
<b>Total Fat</b>	1.5g	2%		
Saturated Fat	0.5g	3%		
Trans Fat	0g			
<b>Cholesterol</b>	0mg	0%		
<b>Sodium</b>	250mg	10%		
<b>Potassium</b>	260mg	7%		
<b>Total Carbohydrate</b>	3g	1%		
Dietary Fiber	1g	4%		
Sugars	1g			
<b>Protein</b>	20g			
Vitamin A	0%	•	Vitamin C	0%
Calcium	6%	•	Iron	20%

† 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
Protein		50g	65g

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

INGREDIENTS: Soy Protein Isolate, Cocoa (Processed with Alkali), Natural and Artificial Flavor, Fructose, Potassium Chloride, Gum Blend (Cellulose Gum, Xanthan Gum, Carrageenan), Acesulfame Potassium, Sucralose.

CONTAINS: Soybeans.

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

No Artificial Colors, No Wheat, Gluten Free, No Dairy.



**THREE WAYS TO ENJOY YOUR 100% SOY ISOLATE**

**1 SHAKE**  
Combine with cold water or your favorite beverage in a shaker cup



**2 BLEND**  
Make a delicious smoothie adding fruits, juices, peanut butter or yogurt



**3 EAT**  
Mix powder in your oatmeal or your favorite food



This Product Supplies ONLY NATURALLY OCCURRING AMINO ACIDS

**TYPICAL NATURALLY OCCURRING AMINO ACIDS PER SERVING:**

ALANINE	811 MG	PHENYLALANINE	1039 MG
ARGININE	1483 MG	PROLINE	1115 MG
ASPARTATE	2294 MG	SERINE	1014 MG
CYSTINE	262 MG	THREONINE	701 MG
GLUTAMINE & GLUTAMIC ACID	4191 MG	TRYPTOPHAN	317 MG
GLYCINE	799 MG	TYROSINE	714 MG
HISTIDINE	452 MG	VALINE†	946 MG
ISOLEUCINE†	862 MG	<b>TOTAL</b>	<b>20000 MG</b>
LEUCINE†	1551 MG	† INDICATES BRANCHED CHAIN AMINO ACIDS (BCAA).	
LYSINE	1200 MG		
METHIONINE	249 MG		