

**GNC**  
PRO PERFORMANCE®

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PRO PERFORMANCE®

**MORE**  
SERVINGS!

**NATURAL**  
Flavors & Sweeteners

Daily

Pre/Post-  
Workout



Recovery

**24G**  
PROTEIN

**150**  
CALORIES

**3G**  
SUGAR

**9G**  
CARBS

Pro Performance® 100% Whey Protein delivers an ultra-high quality macronutrient protein formula with high amounts of naturally occurring amino acids the body needs every day with no artificial colors, flavors, sweeteners or sucralose. Whey protein is essential in any nutrition regimen, regardless of age or activity, providing a catalyst to the body for protein synthesis and muscle growth.<sup>^</sup> Far superior to other protein supplements, this naturally sweetened, advanced formula will provide your body with the pure, clean, high-quality protein you need to fuel muscles while maximizing recovery. Don't take chances with your results – get GNC Pro Performance® 100% Whey Protein and feed your body what it needs.

**THE PRO PERFORMANCE® RESULTS**

When GNC's team of research scientists looked to improve this 100% Whey Protein formula, they knew the answer was “more,” specifically through a higher protein formula to enhance nitrogen retention. Your muscles can only grow when your body retains enough nitrogen. And one of the most effective sources of nitrogen for fueling lean muscle mass is whey protein. The specially manufactured clean, ultra-microfiltered whey protein found in this formula delivers naturally occurring anabolic amino acids into your bloodstream. Amino acids provide a nitrogen-rich environment needed for maximum muscle protein synthesis. Protein synthesis is crucial to the building of lean muscle mass.

**THE PRO PERFORMANCE® QUALITY**

GNC Pro Performance® 100% Whey Protein is also tested for banned substances,\* providing peace of mind in the highest quality formulation. Our researchers created a superior whey protein formula that not only delivers rapid muscle-fueling results, but every flavor has a satisfying, delicious, mouth-watering taste profile. Each serving mixes up instantly with a blender, shaker, or a spoon – it's that smooth and it couldn't be easier. This GNC Pro Performance® 100% Whey Protein is our best whey protein formula ever.



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**

Distributed by:  
General Nutrition Corporation  
Pittsburgh, PA 15222

**100%  
WHEY  
PROTEIN**

**HIGH-QUALITY, FAST-DIGESTING**

**24g of Ultra-Microfiltered Whey Protein**

**Supports Muscle Recovery and Growth<sup>^</sup>**

**Gluten-Free and Naturally Sweetened Formula**



**24G** | **NATURAL STRAWBERRY**  
PROTEIN | NATURAL FLAVORS

~~27~~ **31 SERVINGS**  
Net Wt 41.8 oz (2.61 lb) 1184.2 g



Sweetened with Stevia

CODE 370052

**DIRECTIONS:** Mix one scoop (38.2g) 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.

BQG

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 (38.2g)  
Servings Per Container 31

Amount Per Serving		% Daily Value†	
Calories	150		
Calories from Fat	20		
<b>Total Fat</b> 2g			3%
Saturated Fat 1g			5%
Trans Fat 0g			
<b>Cholesterol</b> 65mg			22%
<b>Sodium</b> 95mg			4%
<b>Potassium</b> 170mg			5%
<b>Total Carbohydrate</b> 9g			3%
Dietary Fiber <1g			0%
Sugars 3g			
<b>Protein</b> 24g			
Vitamin A 0%		Vitamin C 0%	
Calcium 15%		Iron 2%	

† 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), Natural Flavors, Cane Sugar, Red Beet Powder, Strawberry Powder, Cellulose Gum, Lecithin, Xanthan Gum, Stevia Extract, Citric Acid, Sodium Chloride.

**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	1155 mg
Arginine	553 mg
Aspartic Acid	2529 mg
Cystine	293 mg
Glutamic Acid	4335 mg
Glycine	527 mg
Histidine	411 mg
Isoleucine†	1540 mg
Leucine†	2504 mg
Lysine	2214 mg
Methionine	434 mg
Phenylalanine	769 mg
Proline	1515 mg
Serine	1248 mg
Threonine	1544 mg
Tryptophan	506 mg
Tyrosine	580 mg
Valine†	1421 mg
<b>Total</b>	<b>24078 mg</b>

† Indicates Branched Chain Amino Acid (BCAA).  
^ When used in conjunction with an exercise program.